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AI
COMPLETE MANUAL

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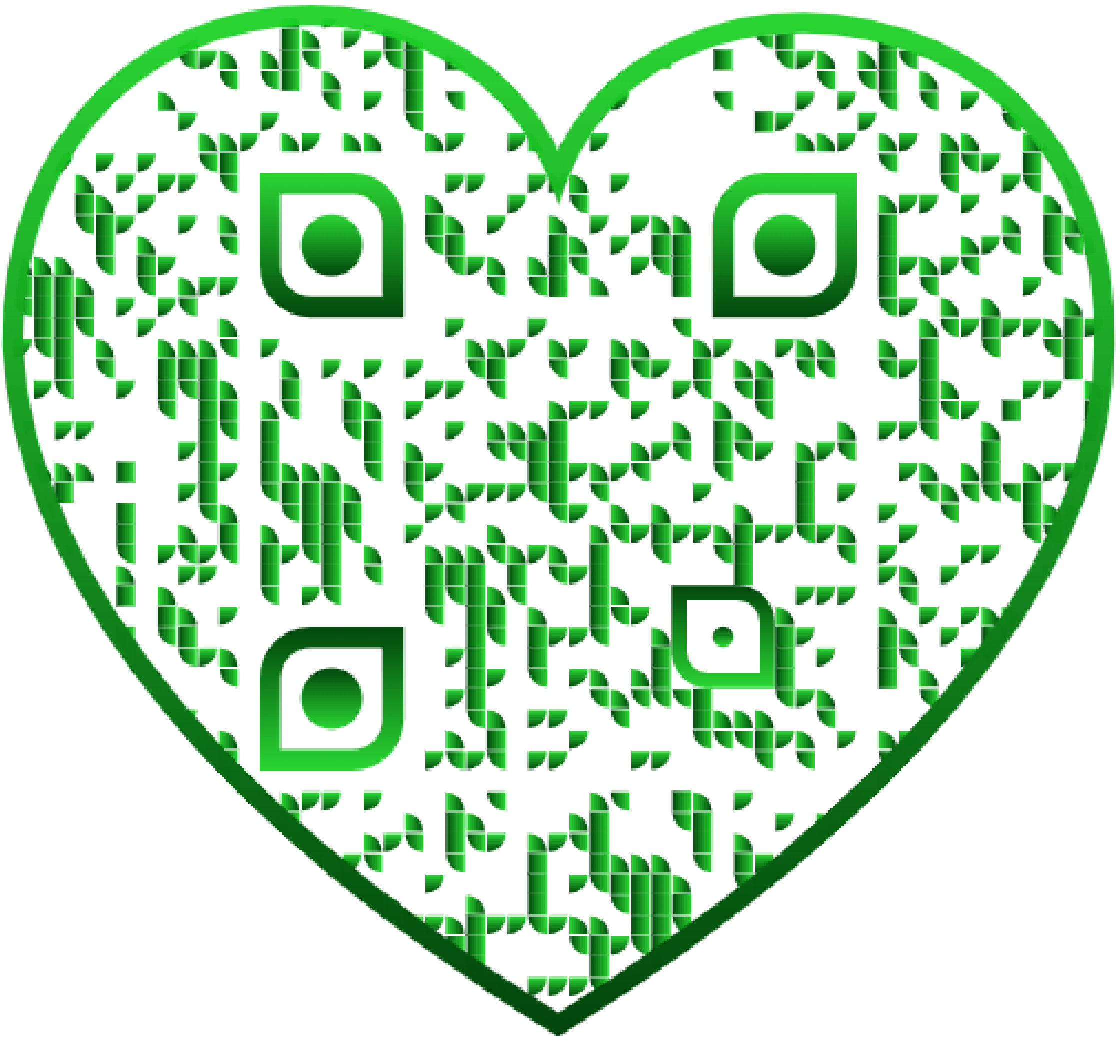

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THE ULTIMATE GUIDE TO AI

Learn how
to improve
your life
with amazing
AI tools_

Artificial intelligence (AI) is all over the news lately, but what is it? What does it do? How can it improve your life? That's what this book is all about. Over this series, we get to the heart of today's AI platforms, with plain-English guides and fully illustrated tutorials. After a short explanation of how AI works and why it's nothing to be afraid of, we show you how to use artificial intelligence to improve your writing, create pictures from scratch and get more from your photography and videography. Artificial intelligence can also help you control your smart home and organise your life, keep you fit and healthy and help you organise your finances. Look out too for our guides to AI and social media, how to use AI for finding information and for translating material into different languages. It can even debug code and read books for you. We show you all this and more.

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Contents_

06 What is Artificial Intelligence, and Should I be Scared?

Artificial intelligence is an exciting new technology, but is it dangerous?

08 Improve Your Writing_

10 Apple Intelligence’s Writing Tools
12 ChatGPT - Cross-platform AI
14 Scribe AI - For Tutorials
16 Ninja AI - An All-round Helper
18 Grammarly Keyboard - Check Your Writing

20 Generate Images_

22 Apple Intelligence’s Image Playground
24 ChatGPT - Quick On The Draw
26 Image Creator - AI Graphic Tool
28 Adobe Firefly For Images and Video
30 Meta AI - From Facebook
32 Canva - For AI Designs
23 Leonardo AI - A Web-based Portal

34 Better Photography & Videography_

36 Apple Intelligence Photos & Clean Up
38 Google Photos - Editing With AI
40 Descript - For Video Editing
41 Invideo - Videos From a Script

42 Control Your Home_

44 Welcome Home - For A Smarter Home
46 Smart Lighting - Shining A Light On AI
48 Smart Plugs - Powering Your AI
49 Streaming Music Services - Dance To Your Beat
50 Robot Vacuum Cleaners - Can’t The AI Do It?
51 Home Security - Keeping Your World Safe
52 AI in TV Streaming Services - Entertainment Via AI

54 Organise Your Life_

56 Motion - AI Task Scheduler
57 Otter.ai - For AI Meeting Notes
58 DishGen - AI Recipe Generator
59 Amio.io - AI For eCommerce
60 Roam Around - Plan Your Next Trip
61 Curiosio - Making Travel Easier
62 Monday.com - An AI Work Platform

64 AI for Fitness & Wellbeing_

66 Sleep Monitors - Better Rest Through AI
68 Find An AI Therapist - Help Your Mental Health
70 DxGPT - AI Diagnosis
72 Shen.AI° - For Direct Diagnosis
73 Dougall GPT - For AI Diagnoses

What is Artificial Intelligence, and Should I be Scared?_

AI, Artificial Intelligence, has evolved significantly over the last decade. Where once it was perceived as something we'd probably only achieve in the next hundred years or so, it's now believed that true AI is, in all likelihood, just a few years away. And despite that scaring the socks off many futurists, it may astonish you to discover that AI is already here.

If you're able, pick up your phone, activate it, and ask either Siri or the Google Assistant a simple question. Now ask it a more complicated question. You've just talked to an AI system designed to listen out for your voice, analyse what's being asked and respond to it in an appropriate fashion. Significantly, it also learns from what's being asked.

The Google Assistant, Siri, Cortana, Alexa, and whatever else is available now, are all cloud-based natural language intelligent bots that use the complex computing capabilities of the cloud to provide a personalised consumer experience.

There are two sides to the AI coin: the intelligence side that, when asked something, knows what to do or can work out what needs to be done, and the learning side, that will actively retain knowledge and learn from each interaction with you. Both of these aspects are inherent to every intelligence bot, regardless of on which system they work. But AI is not limited to just chatbots who interface with you.

The learning machine

Consider any search you conduct via the Internet or some form of database. Regardless of whether it's a search for artists on Spotify, the latest fashion from the website of a high street store, or electrical goods from Amazon, each search employs a level of AI to help form the results. Machine learning is also employed to predict further what you might require, and present advertising for products in which you may be interested based on your past views and searches.

Facebook and YouTube are at the forefront of this type of AI, a search in YouTube for Christmas adverts from the '80s, brings up suggestions for past episodes of popular TV programs from the '70s and '80s. While random searches through a friend's timeline can result in Facebook displaying a list of potential friends, or even products, that your friends have looked up via the Facebook Marketplace.

It's all about using data analytics to create a prediction profile for a user. Whether that customer uses a set of recurring websites, buys the same products from the supermarket, or watches the same content day in and day out. AI can build a profile of that customer, then target other sites, products, music, videos and so on that's not too dissimilar from what they're used to consuming. Occasionally, the AI spits out something new that's outside of the user's regular requests, to gauge how the user responds. A positive response builds on the profile and leads to more areas of advertising and suggestion, whereas a negative response forces the AI to rethink and perhaps include something else further down the line.

Cloud AI

The problem for companies who sell products, or monitor customers, is that the data sets created by billions of users worldwide are simply too large to manage. This is where the cloud comes in. Thanks to the data-intensive workloads a cloud service can handle, it's relatively easy for a company to design an AI report on its userbase, as combining the programming of the AI with the power of the cloud will enable the vast volume of information to become readable.

In fact, the global AI market is expected to grow to over $200 billion by 2026, making it one of the fastest-growing markets in the world.

Integrating AI into such a workflow is a challenge, but, with such growth, it's quickly becoming a market that appeals to programmers for offering better and more accurate AI solutions for companies.

It's not all bad

Considering AI in light of gathering consumer data, it does come across somewhat ominous; like an all-seeing eye pervading everything we do, buy, look at, or interact with. Nevertheless, AI does help simplify a lot of tasks that would have taken months for a team of people to sift through.

Many of these AI projects include environmental issues, science and technology, engineering, education, and manufacturing. AI doesn't just worm its way into our lives and peep at our every move; it's also involved in helping to further technology and create a better environment.

Remember, these tools are your servant, not your master - they won't take over like artificial intelligences do in science fiction movies, and are definitely nothing to fear.

Improve Your Writing_

Spelling and grammar checkers have been around for decades, but AI takes things to a whole new level. Not only can you correct your writing, but you can also rewrite your work making it more concise, friendlier, more businesslike and more. You can even get your artificial intelligence platform of choice to write a story, poem, limerick and more, on a subject of your choosing. It's amazing what these AIs can do.

In this section

10 Apple Intelligence's Writing Tools

12 ChatGPT - Cross-platform AI

14 Scribe AI - For Tutorials

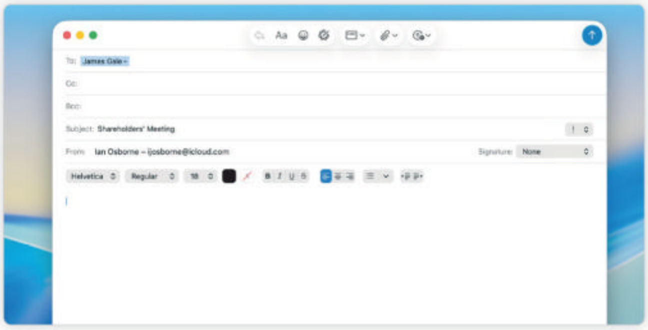
16 Ninja AI - An All-round Helper

18 Grammarly Keyboard - Check Your Writing

Apple Intelligence's Writing Tools

The Apple Intelligence Writing Tools feature lets you refine your writing in bigger ways than merely checking the spelling. You can use it to proofread your words, checking grammar and syntax as well as spelling, and also revise it to make (say) an email more businesslike or friendlier. If you're faced with a long piece of writing, the feature can summarise it for you too.

Using Writing Tools



To: James Gale

Cc:

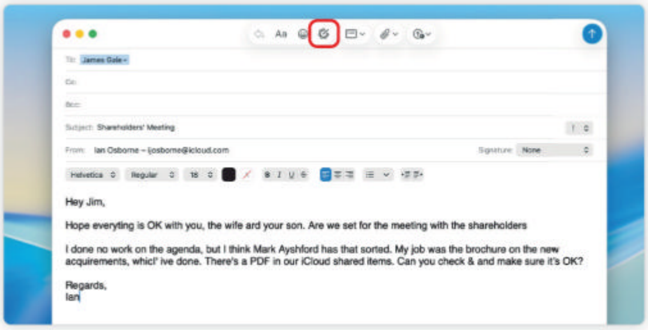
Bcc:

Subject: Shareholders' Meeting

From: Ian Osborne – ijosborne@icloud.com

Signature: None

1 Writing Tools can be used almost anywhere in macOS where you can write. Here we're using it in the Mail app, but you can also use them in Pages, Notes and more. First of all, you need to write something. Writing Tools cannot (yet) generate original text for you, but it can revise text you've previously written.



To: James Gale

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Bcc:

Subject: Shareholders' Meeting

From: Ian Osborne – ijosborne@icloud.com

Signature: None

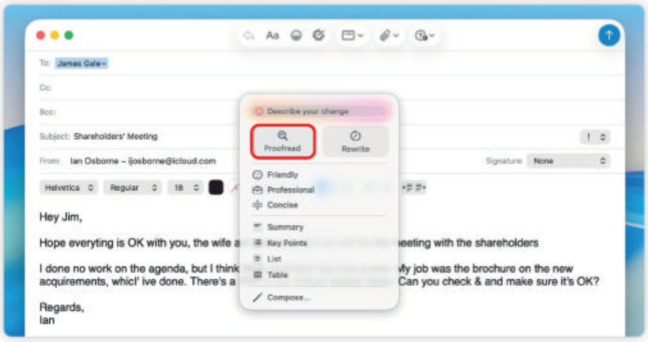
Hey Jim,

Hope everyting is OK with you, the wife ard your son. Are we set for the meeting with the shareholders

I done no work on the agenda, but I think Mark Ayshford has that sorted. My job was the brochure on the new acquirements, whicl' ive done. There's a PDF in our iCloud shared items. Can you check & and make sure it's OK?

Regards,
Ian

2 When you've finished your first draft of whatever it is you're writing (here, it's an email), tap the Writing Tools icon which is found in the toolbar at the top of the email window. This brings up the Writing Tools window, from where you can choose how to manipulate, rewrite or simply AI proofread your piece of text.



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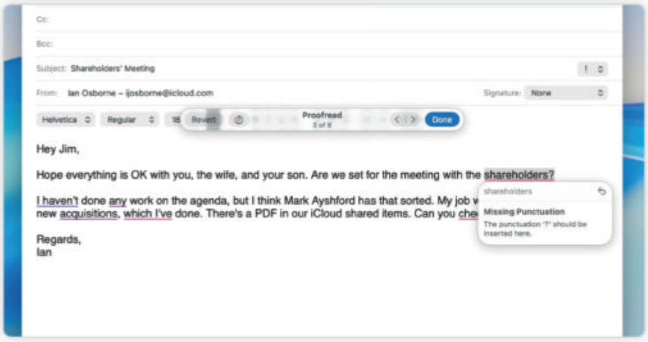
3 First of all, we'll take you through the uses of the Proofread option. There are plenty of errors in our original email. Tap the Proofread button in the Writing Tools window, and Apple Intelligence reviews what you have written, correcting spelling and grammatical errors and generally tidying up your written text.



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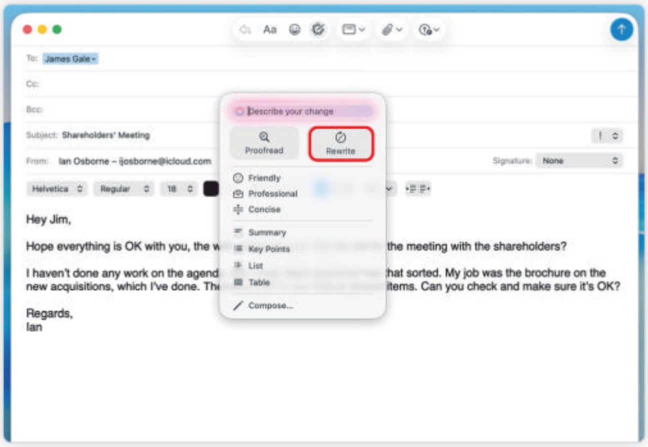
Ian

shareholders

Missing Punctuation

The punctuation '?' should be inserted here.

4 When you have finished writing your text, you can then review the changes, which are underlined. Click on an underlined correction and you're told what was wrong in a pop-up window. If Writing Tools has made a mistake, you can revert to the original by clicking the curly arrow in that window's top-right corner.


Aa
Describe your change
Proofread
Rewrite
Friendly
Professional
Concise
Summary
Key Points
List
Table
Compose...
Helvetica
Regular
18

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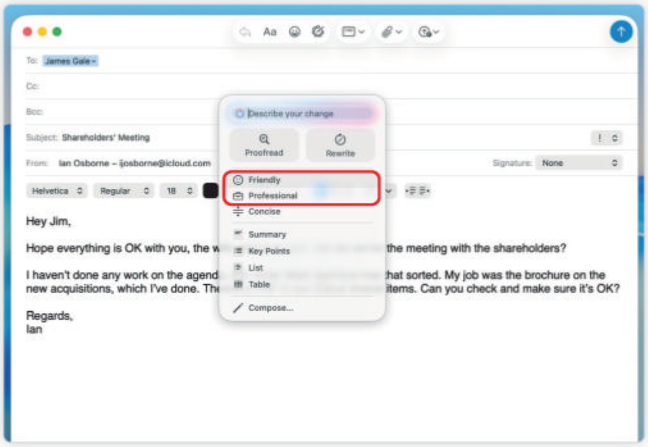
5 If you have read back your text and you're not happy with what you wrote, open Writing Tools and tap Rewrite. If you don't like the results, tap The Revert button to change it back or Rewrite to rewrite it in another way.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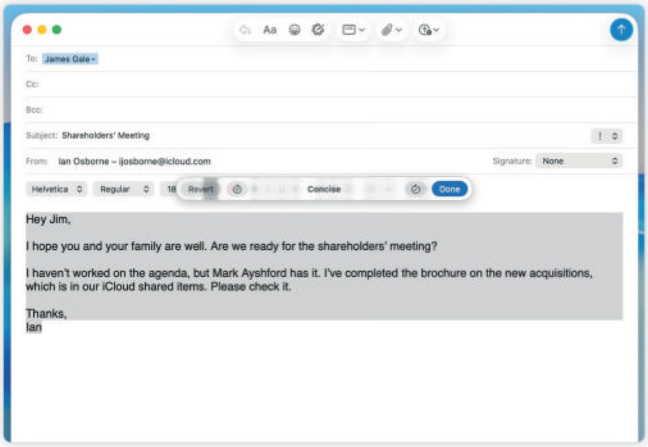
6 To carry out a more specific rewrite of your text, use one of these options. 'Friendly' and 'Professional' to change the tone of your writing, making it read in a more casual or more businesslike way.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Helvetica
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Revert
Concise
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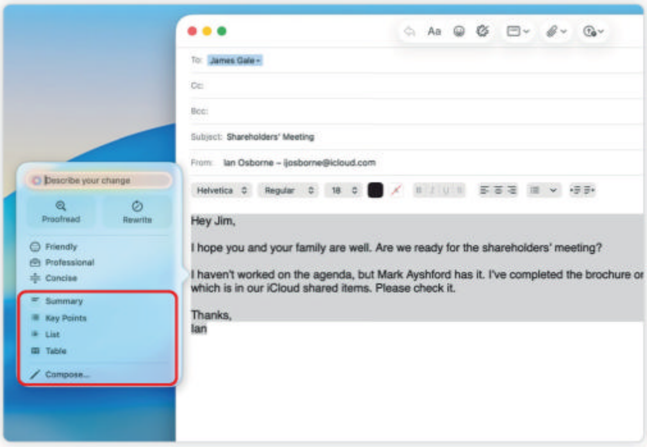
7 The Concise option shortens what you've written, while keeping the main points intact. If you tend to ramble, and use far too many words, this is an excellent tool to keep your writing in check.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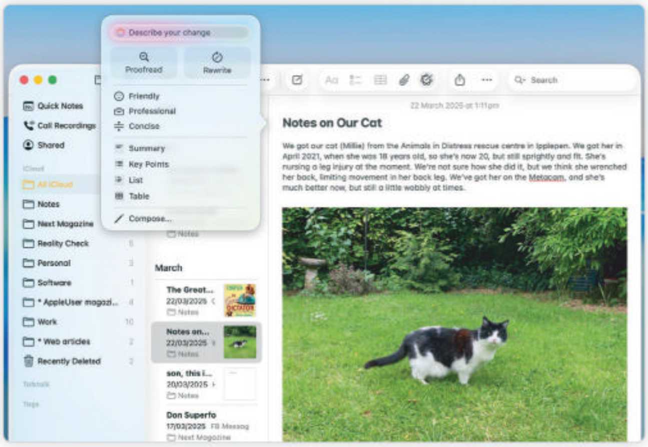
8 The four tools at the foot of the window let you summarise, make key points and add a list or a table. This is as well as your regular writing. The Compose option lets you use ChatGPT to write for you.


Describe your change
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List
Table
Compose...
Quick Notes
Call Recordings
Shared
iCloud
All iCloud
Notes
Next Magazine
Reality Check
Personal
Software
AppleUser magazi...
Work
Web articles
Recently Deleted
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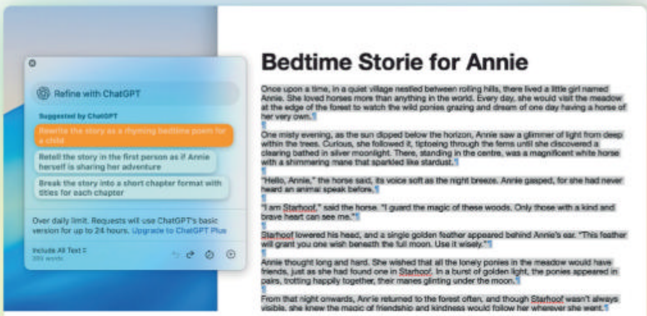
Search
March
The Great...
22/03/2025
Notes on...
22/03/2025
son, this i...
20/03/2025
Don Superfo
17/03/2025
Notes
Next Magazine

22 March 2025 at 1:11pm

Notes on Our Cat

We got our cat (Millie) from the Animals in Distress rescue centre in Ipplepen. We got her in April 2021, when she was 18 years old, so she's now 20, but still sprightly and fit. She's nursing a leg injury at the moment. We're not sure how she did it, but we think she wrenched her back, limiting movement in her back leg. We've got her on the Metacam, and she's much better now, but still a little wobbly at times.

9 You can use Writing Tools in other apps where you write too. Just look for the Writing Tools icon; the circular Apple Intelligence symbol with a pen in it. Here it is in the Notes app , where it works in exactly the same way.


Refine with ChatGPT
Suggested by ChatGPT
Include All Text

Rewrite the story as a rhyming bedtime poem for a child

Retell the story in the first person as if Annie herself is sharing her adventure

Break the story into a short chapter format with titles for each chapter

Over daily limit. Requests will use ChatGPT's basic version for up to 24 hours. Upgrade to ChatGPT Plus

Bedtime Storie for Annie

Once upon a time, in a quiet village nestled between rolling hills, there lived a little girl named Annie. She loved horses more than anything in the world. Every day, she would visit the meadow at the edge of the forest to watch the wild ponies grazing and dream of one day having a horse of her very own.

One misty evening, as the sun dipped below the horizon, Annie saw a glimmer of light from deep within the trees. Curious, she followed it, tiptoeing through the ferns until she discovered a clearing bathed in silver moonlight. There, standing in the centre, was a magnificent white horse with a shimmering mane that sparkled like stardust.

"Hello, Annie," the horse said, its voice soft as the night breeze. Annie gasped, for she had never heard an animal speak before.

"I am Starhoof," said the horse. "I guard the magic of these woods. Only those with a kind and brave heart can see me."

Starhoof lowered his head, and a single golden feather appeared behind Annie's ear. "This feather will grant you one wish beneath the full moon. Use it wisely."

Annie thought long and hard. She wished that all the lonely ponies in the meadow would have friends, just as she had found one in Starhoof. In a burst of golden light, the ponies appeared in pairs, trotting happily together, their manes glinting under the moon.

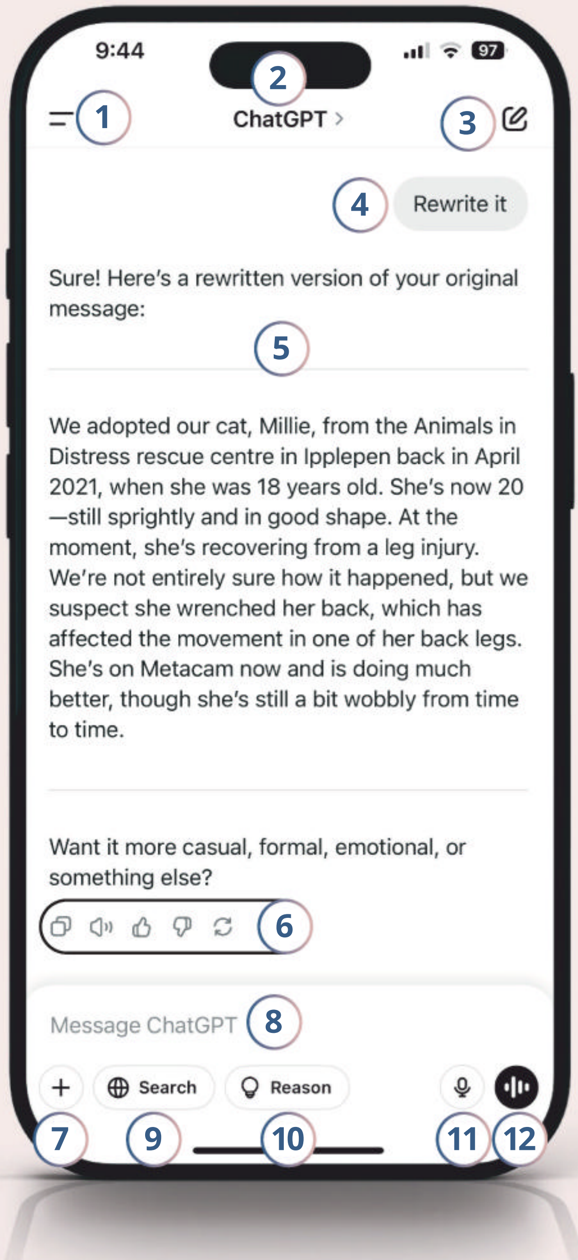
From that night onwards, Annie returned to the forest often, and though Starhoof wasn't always visible, she knew the magic of friendship and kindness would follow her wherever she went.

ChatGPT Integration

OpenAI's ChatGPT, currently the most famous artificial intelligence service, is integrated into Apple Intelligence. For example, if you need to compose a piece of writing from scratch, Apple Intelligence harnesses the power of ChatGPT. It's free, and you're asked before it is used by the core app.

ChatGPT Cross-platform AI

ChatGPT is arguably the most exciting artificial intelligence around. You can get a ChatGPT app for almost any device, and it's available on the web for any device with a browser. Here's how to use it to improve your writing.



Rewrite it

Sure! Here's a rewritten version of your original message:

We adopted our cat, Millie, from the Animals in Distress rescue centre in Ipplepen back in April 2021, when she was 18 years old. She's now 20—still sprightly and in good shape. At the moment, she's recovering from a leg injury. We're not entirely sure how it happened, but we suspect she wrenched her back, which has affected the movement in one of her back legs. She's on Metacam now and is doing much better, though she's still a bit wobbly from time to time.

Want it more casual, formal, emotional, or something else?

① This icon opens a sidebar, which gives access to tools and a history of previous ChatGPT requests.

② Tap here for a pop-up window that lets you share, rename, archive or delete your current request, or open a details page about it.

③ Unsurprisingly, this icon opens a new ChatGPT page so you can start afresh.

④ Instructions given to ChatGPT are shown on the right, as seen here.

⑤ ChatGPT's responses are shown in the main body of the page. Here we asked the AI to rewrite something we'd written.

⑥ These icons are, from left to right, Copy; Read Aloud; Mark the response with a thumbs-up or thumbs-down; Redo the response.

⑧ Add an attachment. Choose from Photos, Camera or Files.

⑦ This text field is where you type your questions, requests, instructions and other such things to ChatGPT. If you want to get the AI to rewrite something you've written, first type it in here then ask, 'rewrite it'.

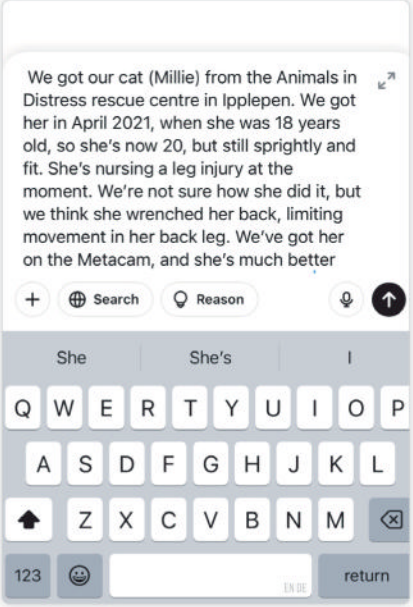
⑨ Search the web through ChatGPT. Instead of giving you links to web pages, your request is curated and relevant information delivered by the AI.

⑩ Engage the Reason option and ChatGPT provides a reasoned, detailed explanation of the processes behind its response.

⑪ Tap the mic icon and you can speak your request to ChatGPT instead of typing it in the text field.

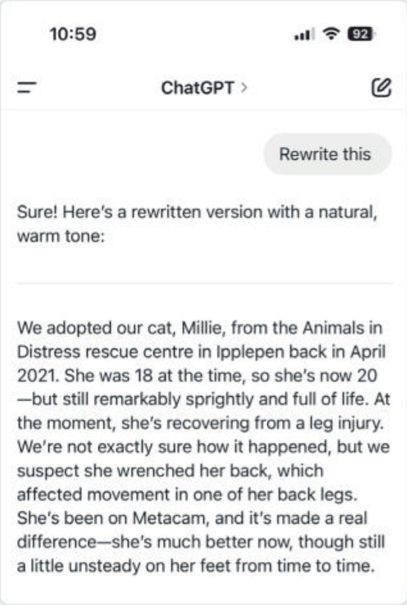
⑫ The waveform icon is for Advanced Voice Mode, which lets you have a two-way conversation with ChatGPT. It's more personalised to you, allows for natural conversations and more.

Using ChatGPT to Improve Your Writing



We got our cat (Millie) from the Animals in Distress rescue centre in Ipplepen. We got her in April 2021, when she was 18 years old, so she's now 20, but still sprightly and fit. She's nursing a leg injury at the moment. We're not sure how she did it, but we think she wrenched her back, limiting movement in her back leg. We've got her on the Metacam, and she's much better

1 If you've written something you want to see improved by ChatGPT, first of all, copy and paste it into the text field. Press the up-pointing arrow that appears on the right to send your words to ChatGPT. The AI gives you a response.

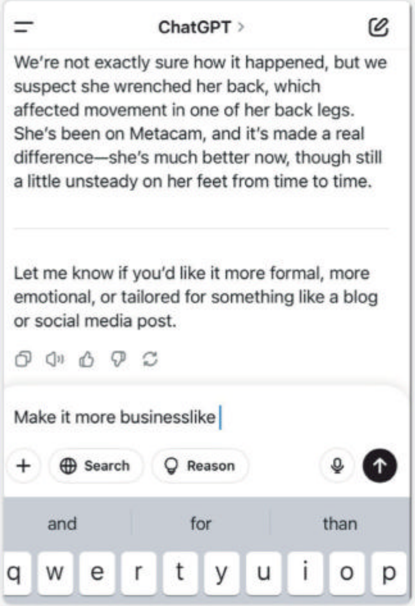


Rewrite this

Sure! Here's a rewritten version with a natural, warm tone:

We adopted our cat, Millie, from the Animals in Distress rescue centre in Ipplepen back in April 2021. She was 18 at the time, so she's now 20—but still remarkably sprightly and full of life. At the moment, she's recovering from a leg injury. We're not exactly sure how it happened, but we suspect she wrenched her back, which affected movement in one of her back legs. She's been on Metacam, and it's made a real difference—she's much better now, though still a little unsteady on her feet from time to time.

2 Entering 'Rewrite this' in the text field prompts ChatGPT to revise what you wrote, changing its tone while retaining the content. After a ChatGPT response, you can give feedback by tapping the thumbs-up or thumbs-down icon.

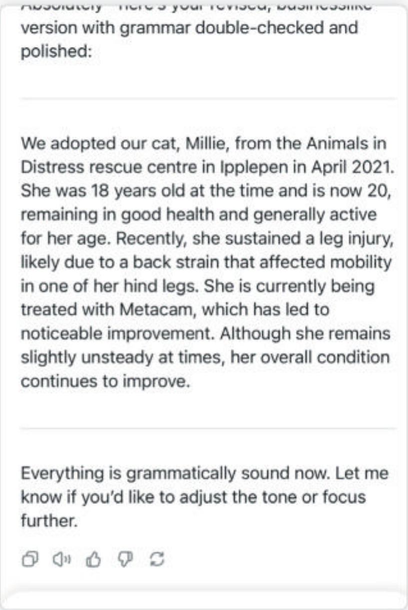


We're not exactly sure how it happened, but we suspect she wrenched her back, which affected movement in one of her back legs. She's been on Metacam, and it's made a real difference—she's much better now, though still a little unsteady on her feet from time to time.

Let me know if you'd like it more formal, more emotional, or tailored for something like a blog or social media post.

Make it more businesslike

3 If you want to rewrite your words with a specific purpose in mind, you can instruct ChatGPT to make it more businesslike, formal, casual, friendly, and more. Or ask the AI to tailor it to a blog post, email or other such use.

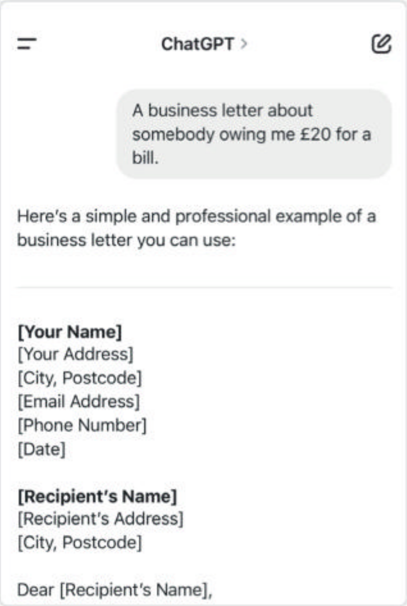


version with grammar double-checked and polished:

We adopted our cat, Millie, from the Animals in Distress rescue centre in Ipplepen in April 2021. She was 18 years old at the time and is now 20, remaining in good health and generally active for her age. Recently, she sustained a leg injury, likely due to a back strain that affected mobility in one of her hind legs. She is currently being treated with Metacam, which has led to noticeable improvement. Although she remains slightly unsteady at times, her overall condition continues to improve.

Everything is grammatically sound now. Let me know if you'd like to adjust the tone or focus further.

4 If its your grammar or spelling you're worried about, ChatGPT can check this too. It will then revise your work, correcting any errors you made. You can make multiple adjustments, eg. changing the tone and checking the grammar.



A business letter about somebody owing me £20 for a bill.

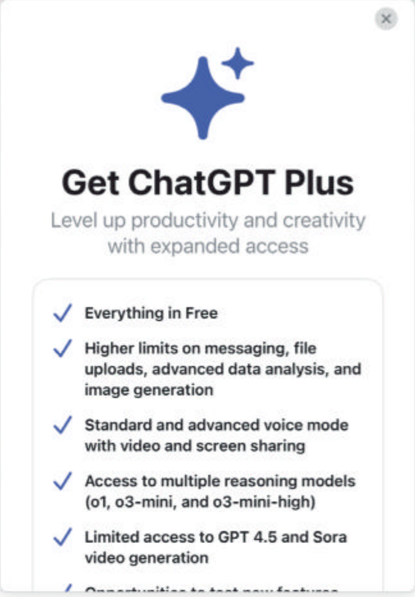
Here's a simple and professional example of a business letter you can use:

[Your Name]
[Your Address]
[City, Postcode]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Recipient's Address]
[City, Postcode]

Dear [Recipient's Name],

5 ChatGPT can also compose a piece of writing for you. Type what you want in the text field, and the AI creates it for you. You can get it to write anything from a business letter to a piece of fiction, and then tailor it with further requests.



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Level up productivity and creativity with expanded access

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- ✓ Higher limits on messaging, file uploads, advanced data analysis, and image generation
- ✓ Standard and advanced voice mode with video and screen sharing
- ✓ Access to multiple reasoning models (o1, o3-mini, and o3-mini-high)
- ✓ Limited access to GPT 4.5 and Sora video generation

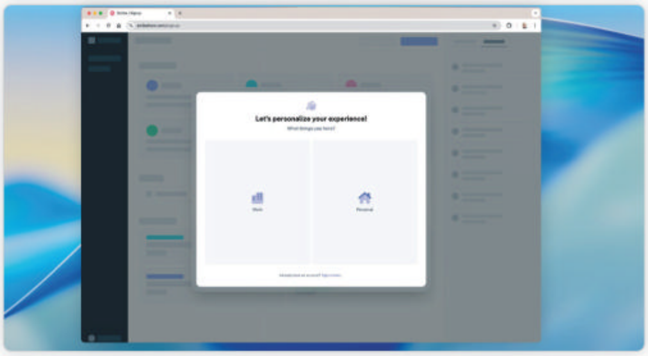
ChatGPT Plus

ChatGPT is free to use, but there's a paid-for service called ChatGPT Plus available if you need more. It gives higher limits on messages and uploads, as well as a range of extra features.

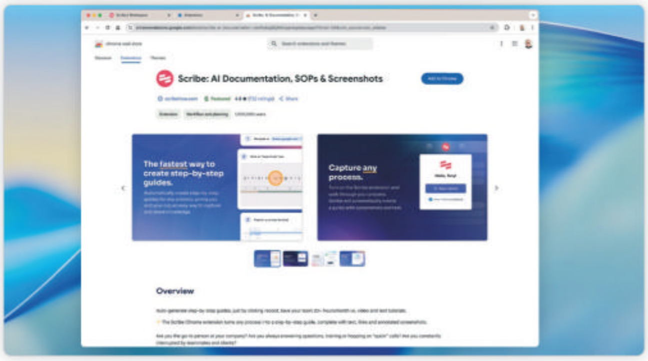
Scribe AI For Tutorials

For those with specialist needs, Scribe AI is great for writing manuals, tutorials and guides. Just the thing if your business needs written explanations on how to use its web apps. There's a free version to try out, but if you need more, paid-for tiers expand its feature set. Here's a guide to signing up for your free account, and getting to work on your first Scribe AI document.

Signing Up for An Account

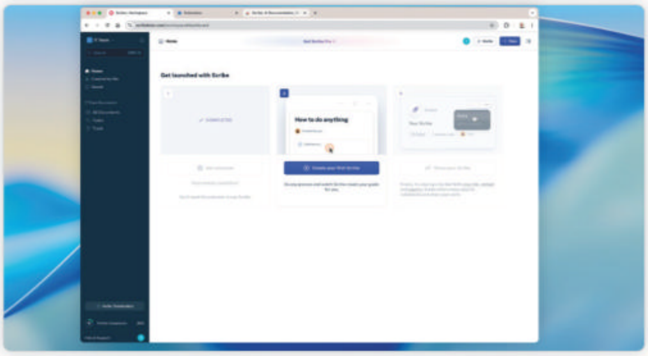

Let's personalize your experience!
Work
Personal

1 Point your web browser at https://scribehow.com/scribe-ai. It's best to use Google Chrome, as we need a Chrome extension. Click Get Started or the Try Scribe Free. You're then taken through the sign-up procedure. Follow the on-screen prompts and fill in your details.

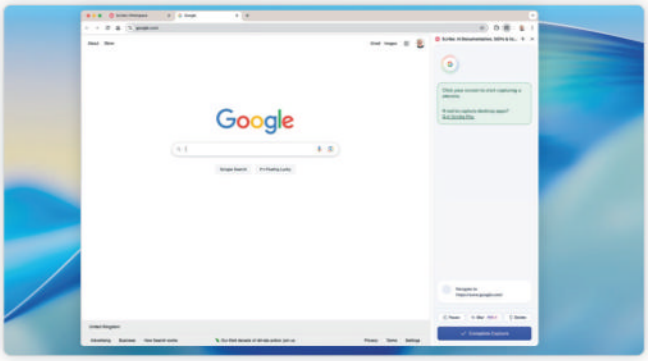

Scribe: AI Documentation, SOPs & Screenshots
The fastest way to create step-by-step guides.
Capture any process.
Overview

2 Click the Extensions icon (the jigsaw piece in the top right of the Chrome browser). In the pop-up menu, click Manage Extensions, then click the Chrome Web Store link on the left. Now search for 'Scribe' to get to the Scribe AI extension page. Click the Add to Chrome button.

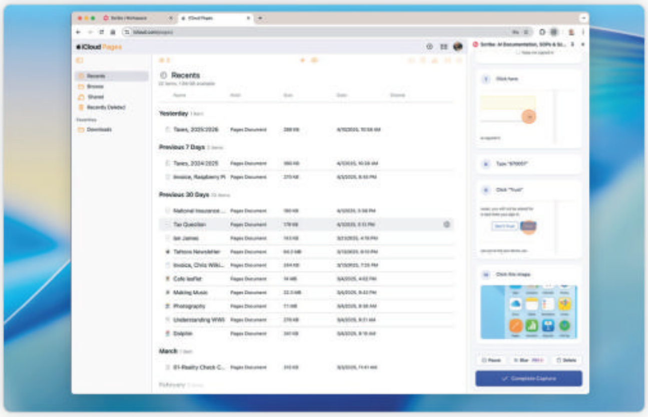
Using Scribe

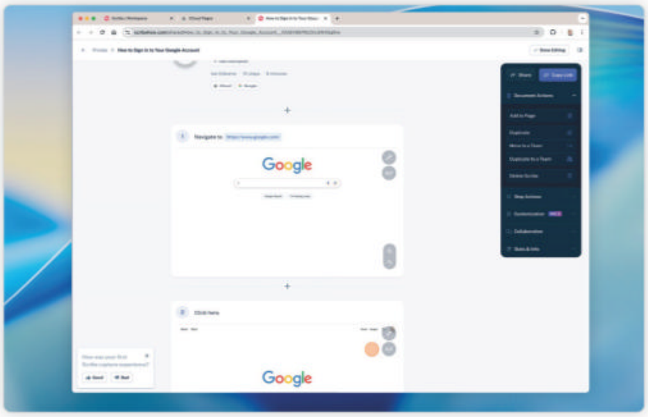

Home
Get launched with Scribe
How to do anything
Create your first Scribe

1 You're now ready to start using Scribe AI. This is done by carrying out processes on your screen, and letting the AI follow your actions. Click the Create your first Scribe button, and in the window that appears, click Create a New Tab to open a new browser tab.


Google
Complete Capture

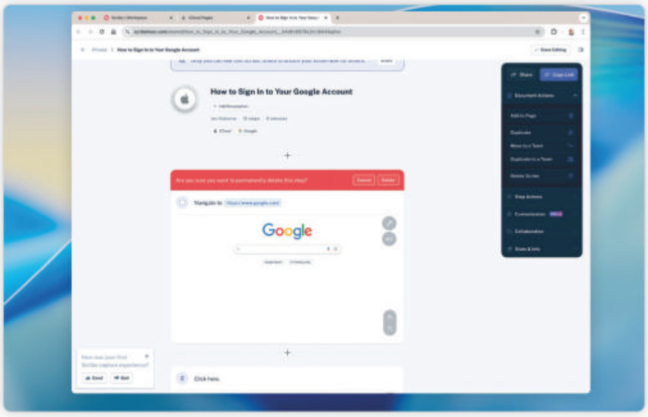
2 Click your screen to start the capture process. It begins as soon as you click, and records what you do in the web browser so Scribe AI can turn it into a tutorial. The free version of Scribe AI can only capture web processes, but there's a paid account that does more.

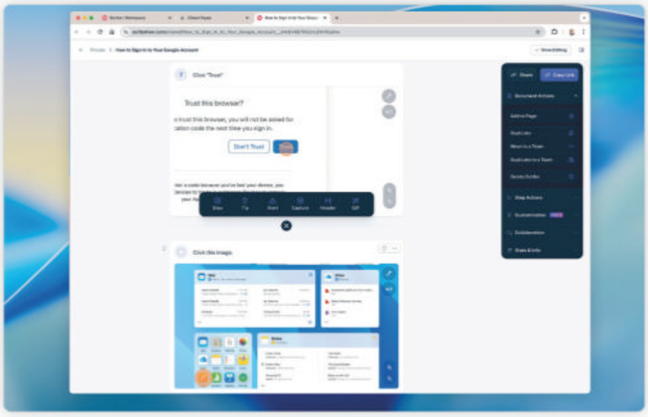




3 The next step is to go to the website or platform you wish to record for the tutorial, and carry out whatever task it is you want the guide to describe. When you've finished, click the Complete Capture button at the bottom of the sidebar on the right-hand side of the window.

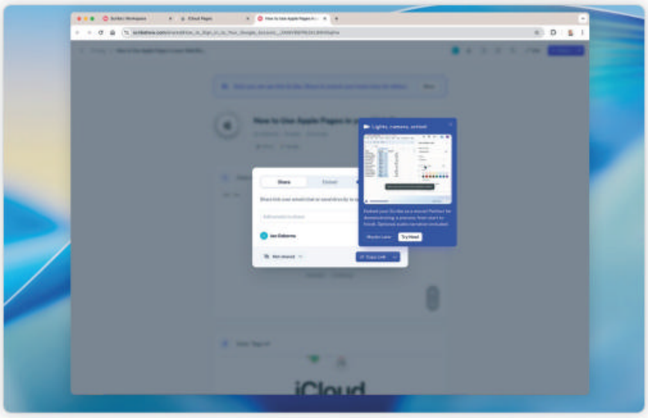
4 Here we've made a tutorial for accessing the Apple Pages web app on a browser. The tutorial appears, listing the process step by step. Scroll up and down this tutorial to see all the steps. It's likely to be a little rough at this stage, but don't worry.

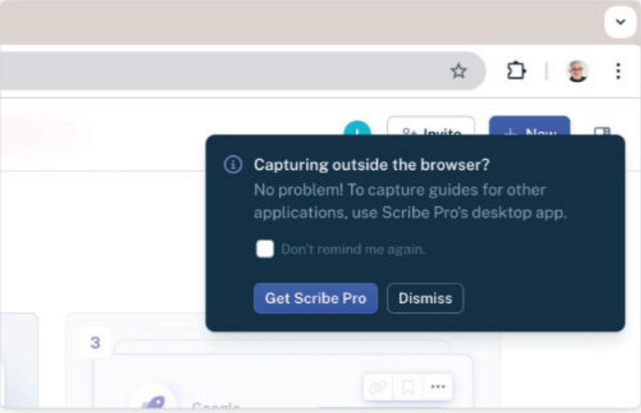




5 If you come across a step that's entirely unnecessary, hover over it and click the dustbin icon. You can then delete it. The other steps in the tutorial automatically renumber. You can delete as many steps as you choose, and those left restructure accordingly.

6 There are tools for editing individual steps and adding features between steps too. For example, click on the plus sign between two steps for a pop-up window that lets you add a header, an alert, a tip and more. You can also capture more steps to add to the guide.





Capturing outside the browser?

No problem! To capture guides for other applications, use Scribe Pro's desktop app.

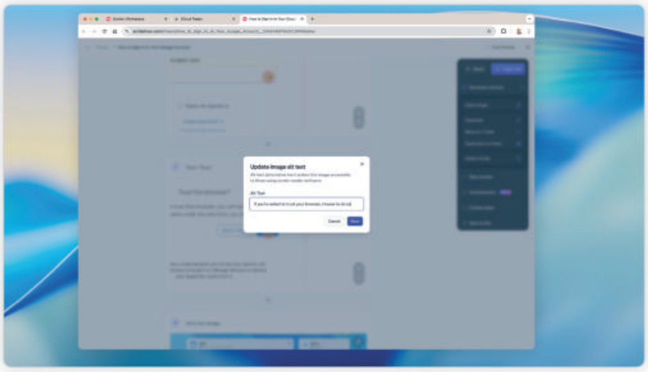
☐ Don't remind me again.

5 When you've finished, click Done Editing in the top-right corner. If you've missed something, click the Edit button to go back to editing again. Click Share to share a link to your guide with others. You can embed the captured process as a movie too.

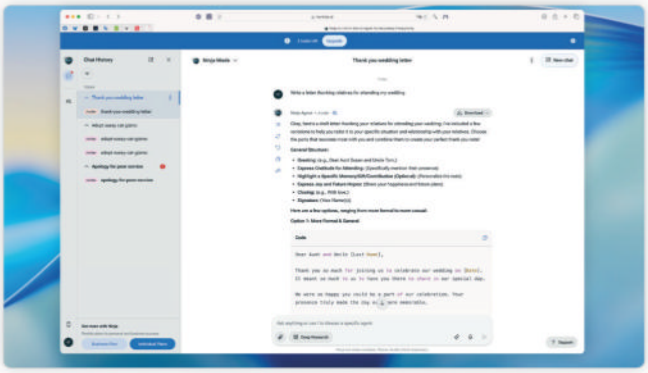
6 If you want to capture outside of a web browser, that is, create tutorials on how to use other apps and processes, you need Scribe Pro. You can then use a desktop Scribe app, advanced exporting, customisation options and more. See https://scribehow.com/billing for prices.

Ninja AI
An All-round Helper

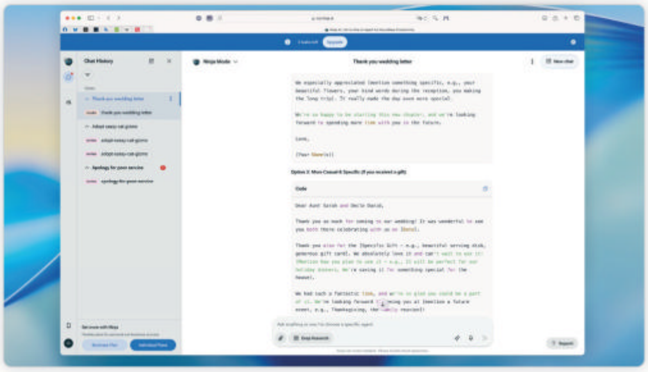
Ninja AI is another comprehensive AI client that can help you with your writing, among other things. It needs no configuring or setting up – you just open it in your web browser and you can get started instantly. You can use it to create art, videos and more, but here we look at how to use it as an aid to writing, and how you can use Ninja AI to produce business letters, emails, job descriptions and more – it can even tell you a joke.



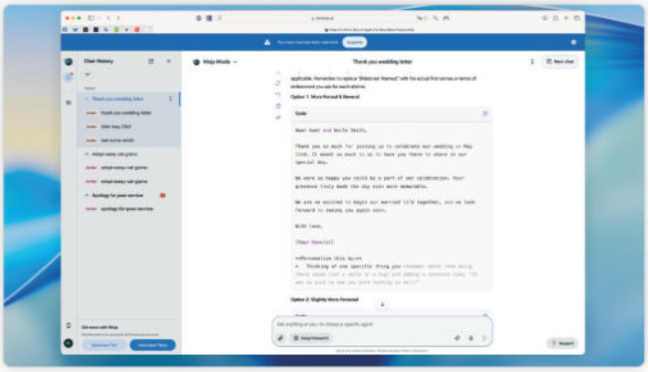
1 Open the website https://myninja.ai. You can sign in for an account if you want. As is usual for AI assistants, there's a free tier and paid-for programmes that offer more features and facilities. If you want to upgrade, you can choose Business or Individual plans.



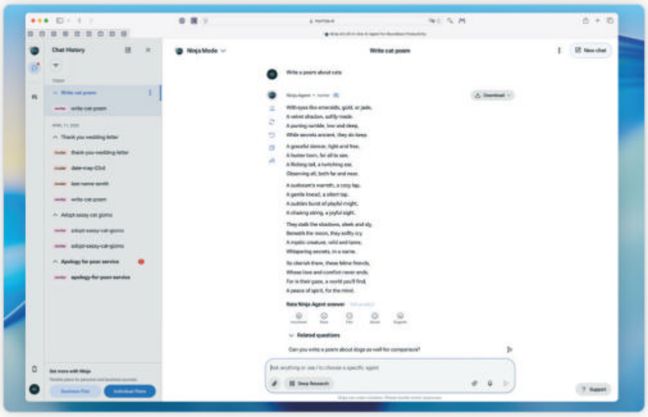
2 Give Ninja AI a task to do. Here, we're asking it to write a letter thanking relatives for attending a wedding. After a little thought, it delivers on your request. At the top of the response is a guide to its thought processes, and how it came up with what it's offering.



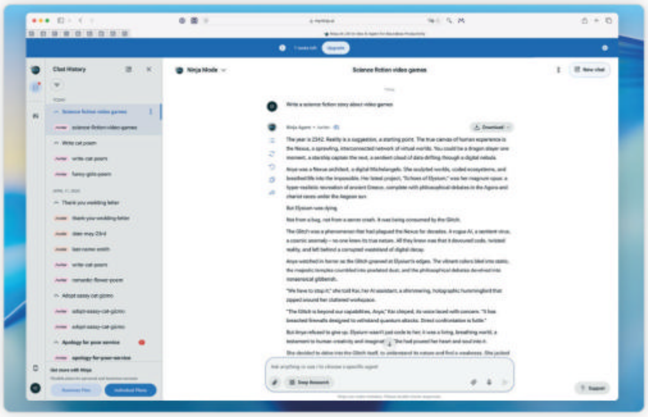
3 As you can see, in this case, several different letters were produced, each with its own character and contents. You can choose between a formal letter, something more personal, specific thanks for helping with the wedding and more. The choice is yours.



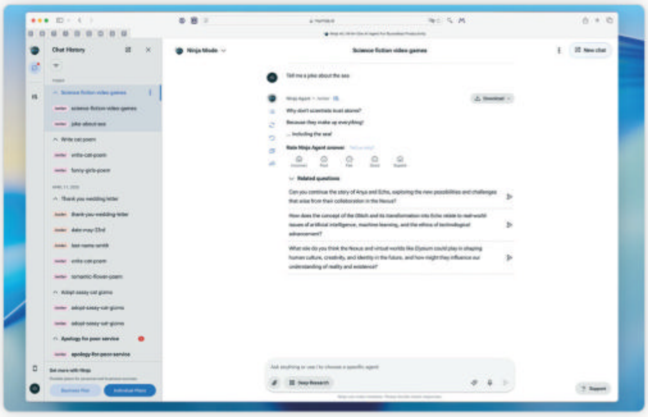
4 You can replace variables in the letters with specific details. For example, several of the letters showed '[date]'; by typing 'Date 23rd May', we had the AI replace this variable with the actual date we offered. Do this for other variables too, such as their name, your name and more.



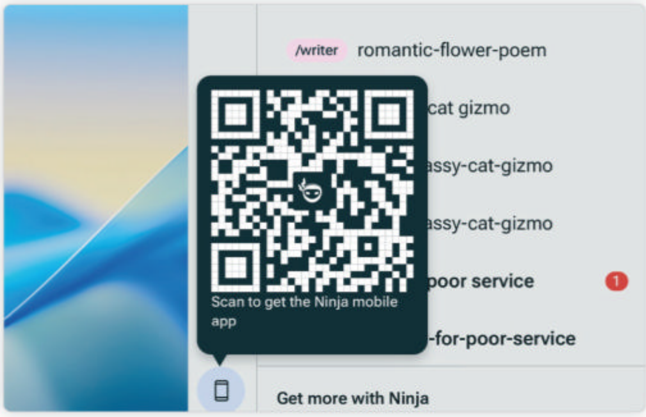
5 If you want to write a poem but don't have the rhymes, you can get Ninja AI to do it for you. Type 'write a poem about [subject]' and the AI does the rest. You can add modifiers to your request too, such as asking for a short or long poem, ask for a funny or romantic rhyme and more.



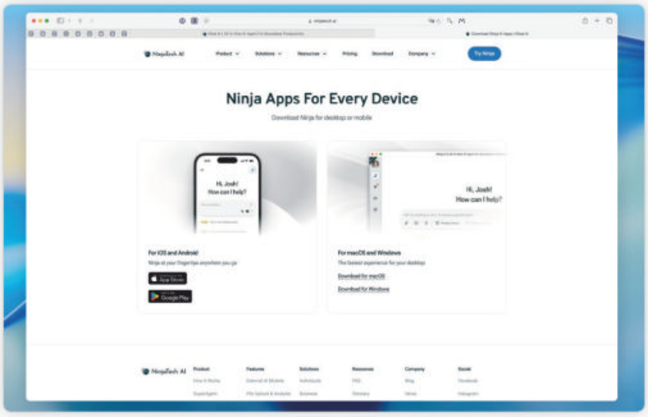
6 Naturally, you can do the same with stories too. 'Write a story about [subject] lets Ninja AI to make the choices, or you can ask for a story of a certain length, a tale in a specific genre such as science fiction, horror, drama, comedy and so on, and more. It's great fun to experiment.



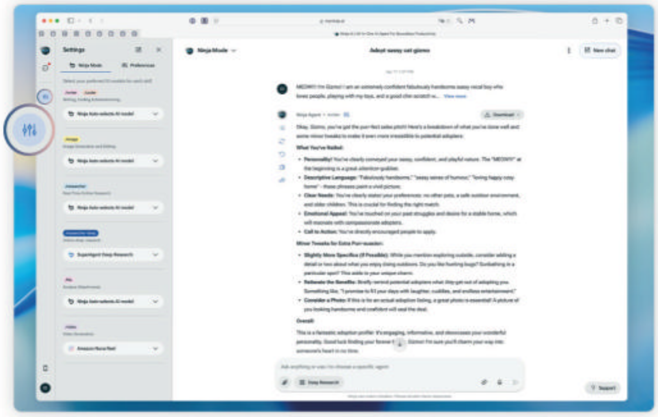
7 You can also ask for a joke, a limerick, a haiku, and just about anything else you can think of. Remember, you can modify stories, poems and other material after it's been produced by Ninja AI. After writing a story, for example, you can say 'make it shorter' to reduce its length.


/writer romantic-flower-poem
cat gizmo
assy-cat-gizmo
assy-cat-gizmo
poor service
1
-for-poor-service
Scan to get the Ninja mobile app
Get more with Ninja

8 There's a useful mobile app available for Ninja AI. If you're on the desktop web portal, click the mobile phone icon in the bottom left corner of the screen and a QR code appears. Open your phone's camera app and point it at the QR code, then tap the link that appears.


Ninja Apps For Every Device
Download Ninja for desktop or mobile
For iOS and Android
For macOS and Windows
Download for macOS
Download for Windows

9 If you're likely to use Ninja AI a lot, it's worth downloading the desktop app too instead of using the web portal. In your browser, go to https://www.ninjatech.ai/download and click on Download for Mac or Download for Windows, depending on which computer OS you use.

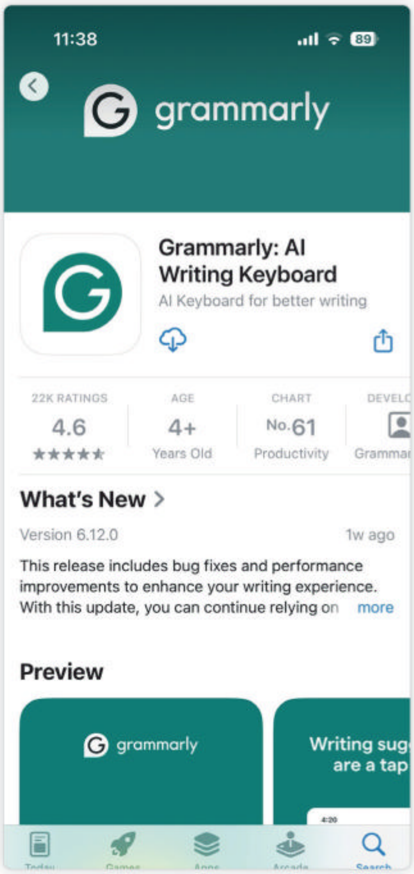


10 Click the three-sliders icon in the top left area of the web portal to access Ninja AI's settings. Here you can select your chosen AI models for each of Ninja AI's skills. Some are only available if you subscribe to a paid-for version of the service.

Grammarly Keyboard Check Your Writing

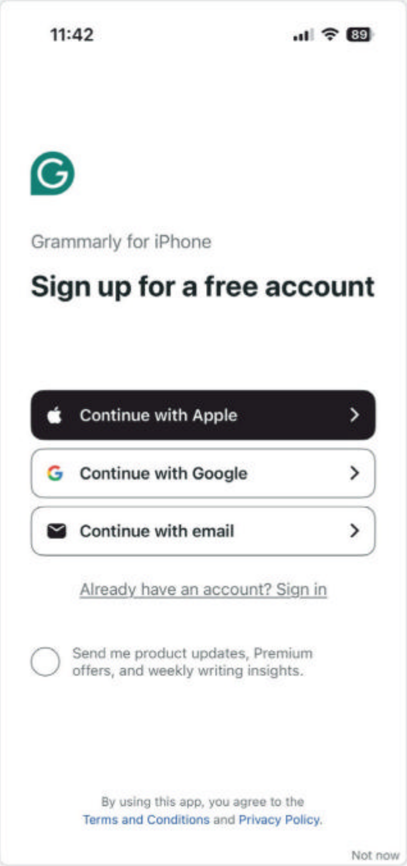
Grammarly is one of the oldest writing assistants around, dating back to 2009. It's available as a free app for mobile devices, which gives the option of using the Grammarly keyboard instead of the regular one, and also as a plug-in for web browsers. With Grammarly active, the punctuation, grammar and tone of your writing is checked, and any potential errors are highlighted.

Setting Up


11:38
grammarly
Grammarly: AI Writing Keyboard
AI Keyboard for better writing
22K RATINGS
4.6
★★★★★
AGE
4+
Years Old
CHART
No.61
Productivity
DEVELO
Grammar
What's New >
Version 6.12.0
1w ago
Preview
grammarly
Writing sug
are a tap

This release includes bug fixes and performance improvements to enhance your writing experience. With this update, you can continue relying on more

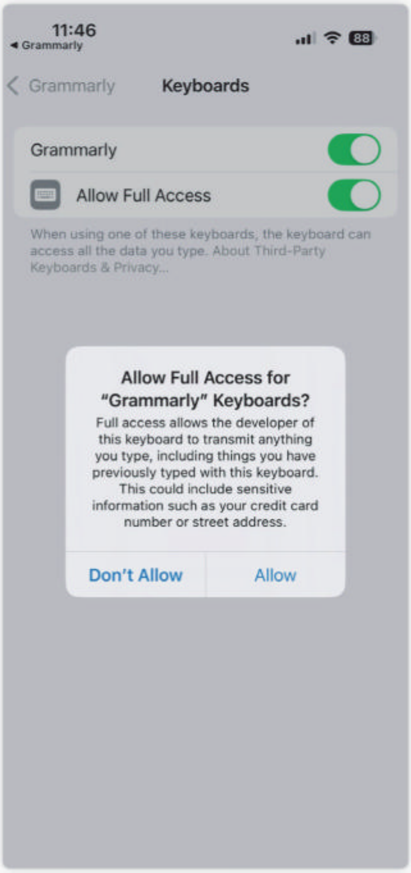
1 In this guide, we show you how to use the Grammarly mobile app. First of all, open your mobile device's app store. We're using an iPhone here, but the process is similar on Android phones. Install the Grammarly app.


11:42
Grammarly for iPhone
Sign up for a free account
Continue with Apple
Continue with Google
Continue with email
Already have an account? Sign in
Not now

○ Send me product updates, Premium offers, and weekly writing insights.

By using this app, you agree to the Terms and Conditions and Privacy Policy.

2 Open the app and follow the on-screen instructions. When you get to the sign-up prompt, sign up for a free account. You can do so using services such as Apple or Google if you wish, alternatively use your email address.


11:46
◂ Grammarly
< Grammarly
Keyboards
Don't Allow
Allow

Grammarly: on

Allow Full Access: on

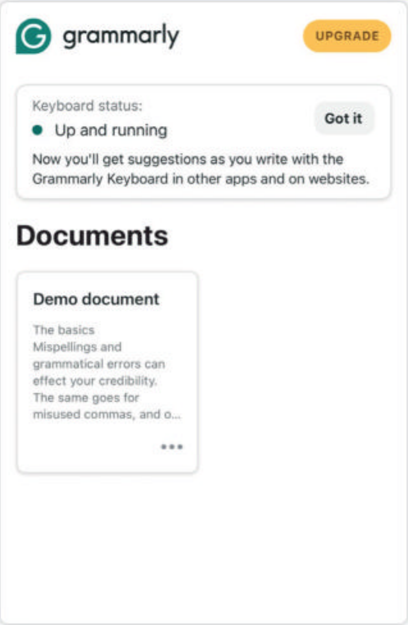
When using one of these keyboards, the keyboard can access all the data you type. About Third-Party Keyboards & Privacy...

Allow Full Access for "Grammarly" Keyboards?

Full access allows the developer of this keyboard to transmit anything you type, including things you have previously typed with this keyboard. This could include sensitive information such as your credit card number or street address.

3 Give the Grammarly keyboard full access by accepting this when asked. Make sure Grammarly has full access to keyboards in your Settings app. When you've done this, you're ready to get started.

Using Grammarly



Keyboard status:
- Up and running

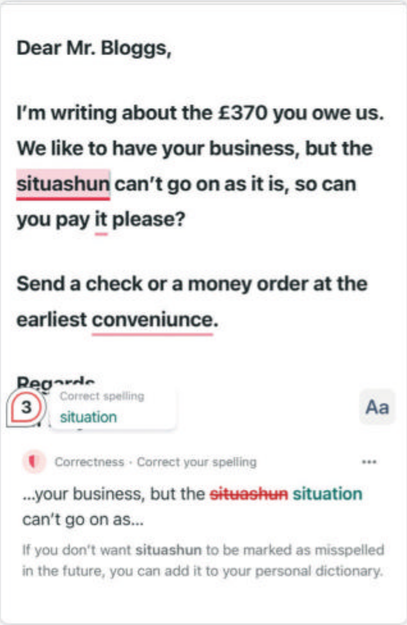
Now you'll get suggestions as you write with the Grammarly Keyboard in other apps and on websites.

Documents

Demo document

The basics
Mispellings and grammatical errors can effect your credibility. The same goes for misused commas, and o...

1 Open the Grammarly app to see the demo document. To get started, tap the chevron in the top right to get to this screen. Here you can tap the Write button to write something, or Import to open an already-written document.



Dear Mr. Bloggs,

I'm writing about the £370 you owe us. We like to have your business, but the situashun can't go on as it is, so can you pay it please?

Send a check or a money order at the earliest conveniunce.

Regards

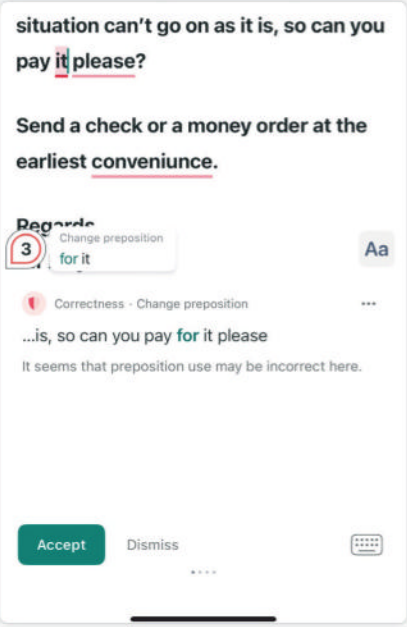
Correct spelling
situation

Correctness · Correct your spelling

...your business, but the ~~situashun~~ situation can't go on as...

If you don't want situashun to be marked as misspelled in the future, you can add it to your personal dictionary.

2 Grammarly underlines incorrectly spelled words in red. To check those spellings, tap the underlined words and a correction is automatically offered. Tap that correction to accept it and replace it in the text.



situation can't go on as it is, so can you pay it please?

Send a check or a money order at the earliest conveniunce.

Regards

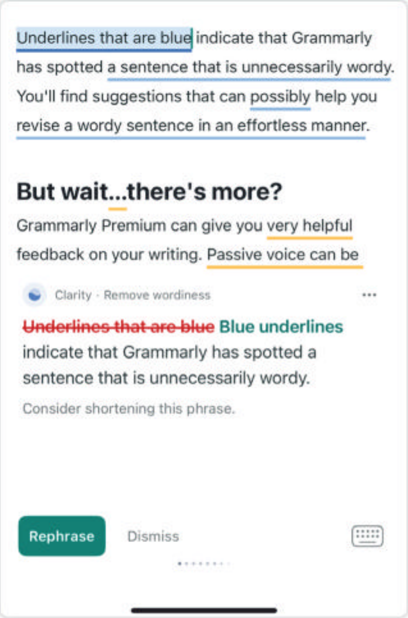
Change preposition
for it

Correctness · Change preposition

...is, so can you pay for it please

It seems that preposition use may be incorrect here.

3 If Grammarly has highlighted a word that's not incorrect, maybe a stylised spelling or a non-dictionary word, tap Dismiss at the foot of the screen and the app moves on to the next potential correction.



Underlines that are blue indicate that Grammarly has spotted a sentence that is unnecessarily wordy. You'll find suggestions that can possibly help you revise a wordy sentence in an effortless manner.

But wait...there's more?

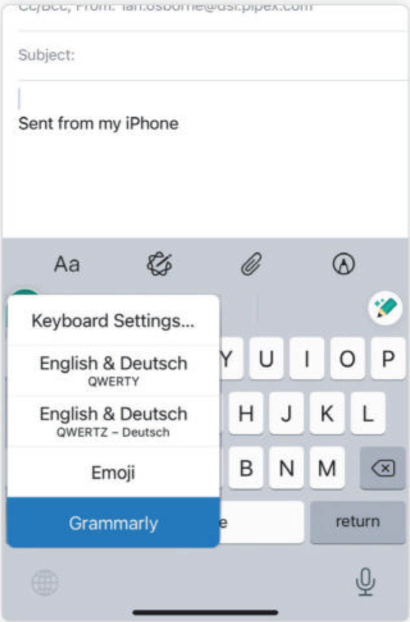
Grammarly Premium can give you very helpful feedback on your writing. Passive voice can be

Clarity · Remove wordiness

~~Underlines that are blue~~ Blue underlines indicate that Grammarly has spotted a sentence that is unnecessarily wordy.

Consider shortening this phrase.

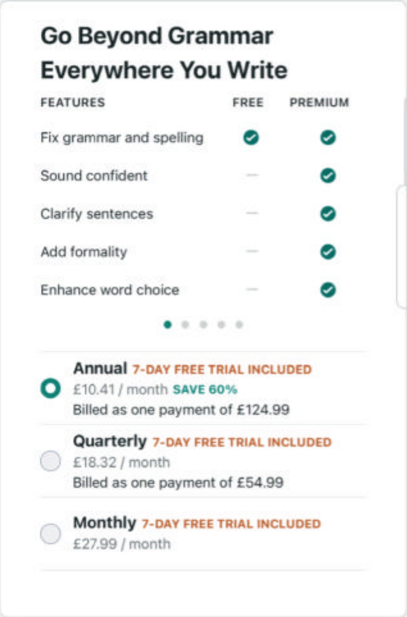
4 If Grammarly identifies something that's poorly written, too wordy or otherwise needs attention, it highlights it in blue. Tap the underlined phrase and tap Rephrase or Dismiss to change or keep it.



Subject:

Sent from my iPhone

5 Because you've given the Grammarly keyboard full access to your device, you can switch to using it in regular apps. Tap and hold the globe icon and choose the Grammarly keyboard to use Grammarly in apps.



Go Beyond Grammar Everywhere You Write

FEATURES	FREE	PREMIUM
Fix grammar and spelling	✓	✓
Sound confident	–	✓
Clarify sentences	–	✓
Add formality	–	✓
Enhance word choice	–	✓

● **Annual** 7-DAY FREE TRIAL INCLUDED
£10.41 / month SAVE 60%
Billed as one payment of £124.99

○ **Quarterly** 7-DAY FREE TRIAL INCLUDED
£18.32 / month
Billed as one payment of £54.99

○ **Monthly** 7-DAY FREE TRIAL INCLUDED
£27.99 / month

5 The free version of Grammarly fixes your grammar and spelling, but if you subscribe to their premium account, you can also clarify sentences, make your writing more confident and more.

Generate Images_

One of the most fun things you can do with artificial intelligence is produce great art at your command, with no painting or drawing skills required. Just ask for what you want, and the AI provides. You can make follow-up edits like 'Make the monster angrier' or 'Use a Manga style', and export your work for use elsewhere. But which AI should you choose? Take a look at the ones we've covered here, and make up your mind.

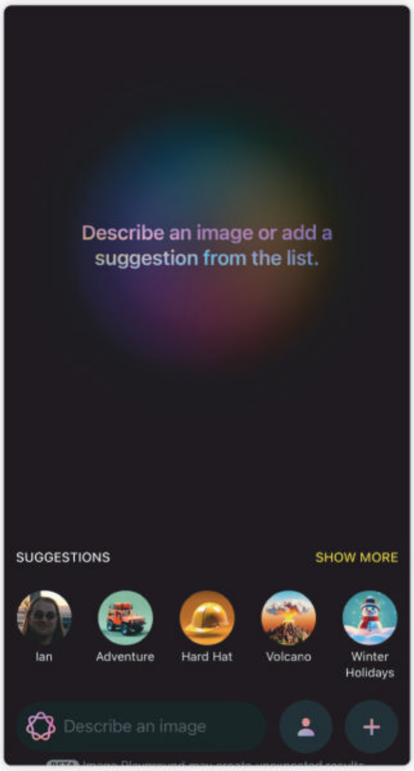
In this section

22 Apple Intelligence's Image Playground
24 ChatGPT - Quick On The Draw
26 Image Creator - AI Graphic Tool
28 Adobe Firefly For Images and Video
30 Meta AI - From Facebook
32 Canva - For AI Designs
33 Leonardo AI - A Web-based Portal

Apple Intelligence's Image Playground

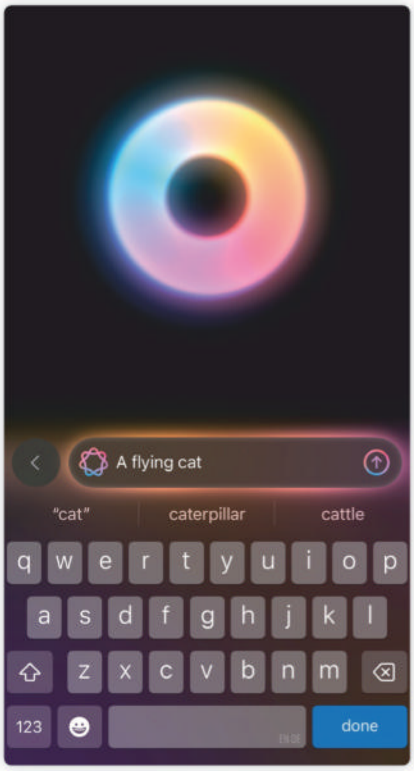
Apple Intelligence lets you create great images within an app such as Notes, Messages and Pages, and there's also the new Image Playground app where you can experiment with them. You help create an image by choosing concepts, adding text descriptions and identifying people from your Photos library to be in the picture. It's fun, and easy to do.

The Image Playground App



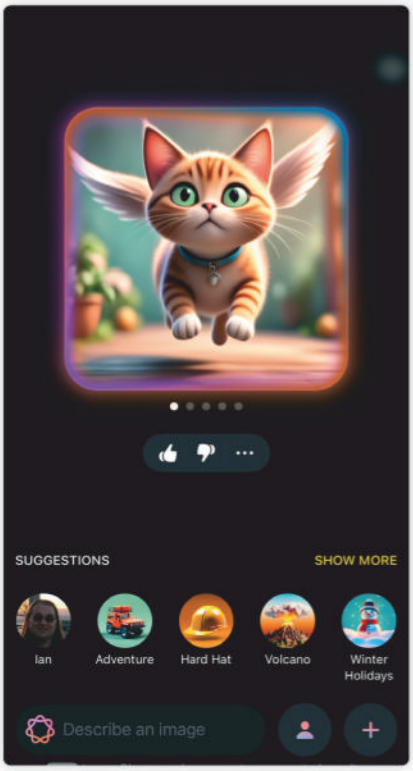
Describe an image or add a suggestion from the list.

SUGGESTIONS
SHOW MORE
Ian
Adventure
Hard Hat
Volcano
Winter Holidays
Describe an image



A flying cat

"cat"
caterpillar
cattle
q w e r t y u i o p
a s d f g h j k l
z x c v b n m
123
done

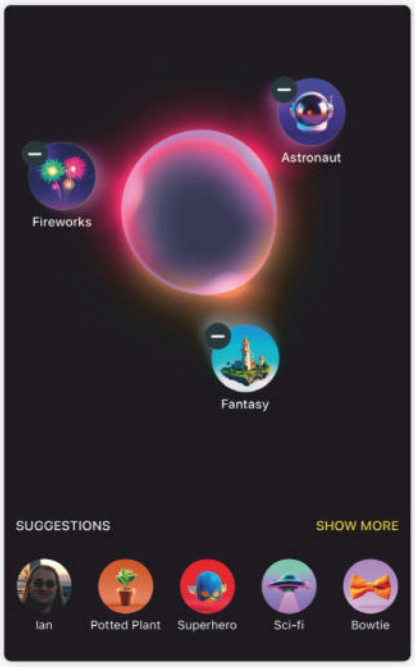


SUGGESTIONS
SHOW MORE
Ian
Adventure
Hard Hat
Volcano
Winter Holidays
Describe an image

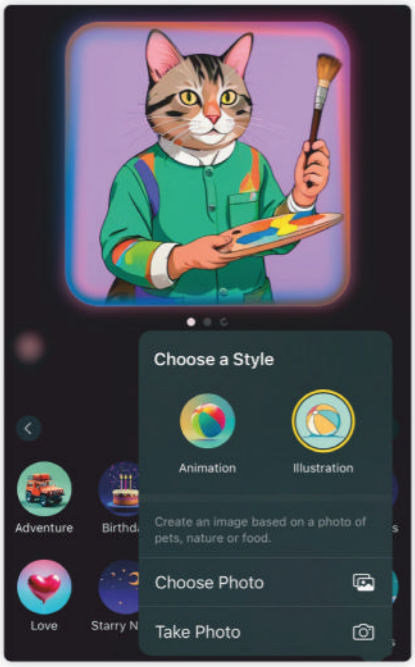
1 Open the Image Playground app. If you don't have it, download it from the App Store. You see a blank page; it's time to make a picture. Remember, at the time of writing Image Playground is still in beta, so the results you get as you follow this tutorial might not be exactly what you expected, but it's improving all the time.

2 First of all, let's describe a scene and get Image Playground to draw it for you. Tap the field called 'Describe an image' and type what it is you want the picture to show. When you've typed it, tap the arrow key to the right of the text field and Image Playground makes it for you. Here we asked for an image of a flying cat.

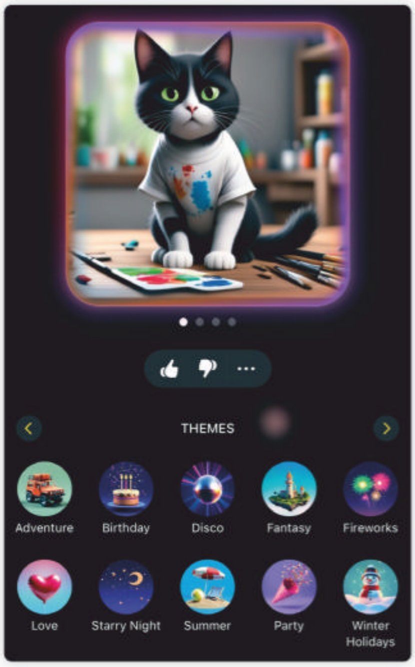
3 When the app has finished, you can give the results a thumbs-up or thumbs-down. The three-dots icon next to the thumbs let you copy, share or save the image. The app usually creates several pictures on the same theme. Swipe the picture left or right to cycle through them and choose your favourite image.


Astronaut
Fireworks
Fantasy
SUGGESTIONS
SHOW MORE
Ian
Potted Plant
Superhero
Sci-fi
Bowtie

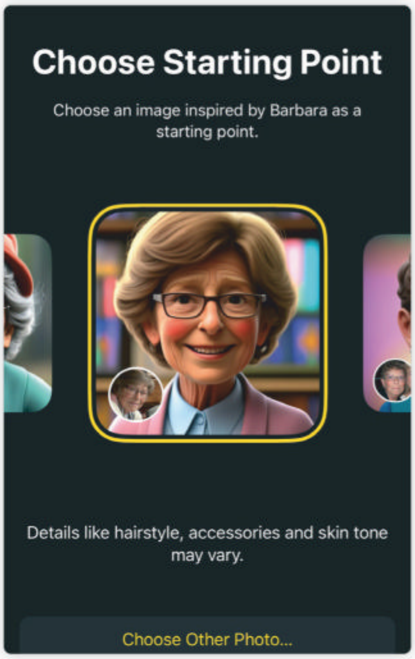
4 Or choose an element from the icons on offer. Swipe left and right to pick through them. Choose more than one if you like. Tap the minus sign next to a theme to remove it again. The app compiles the elements into a picture.


Choose a Style
Animation
Illustration
Create an image based on a photo of pets, nature or food.
Choose Photo
Take Photo
Adventure
Birthd
Love
Starry N

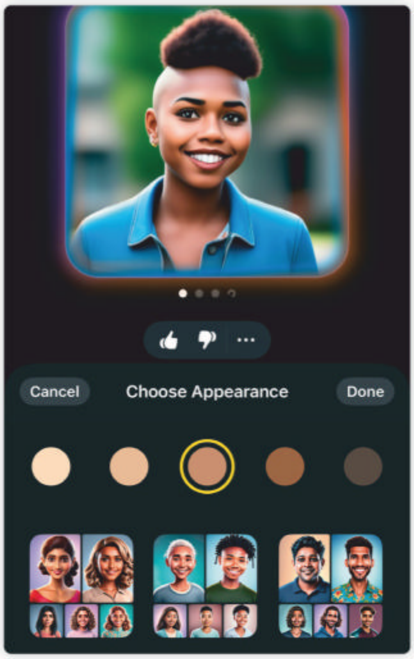
5 Tap the plus sign in the bottom right of the screen for a menu. Here you can choose a style for your AI picture such as animation or illustration, and also take or choose a photo to add to the elements that make up your picture.


THEMES
Adventure
Birthday
Disco
Fantasy
Fireworks
Love
Starry Night
Summer
Party
Winter Holidays

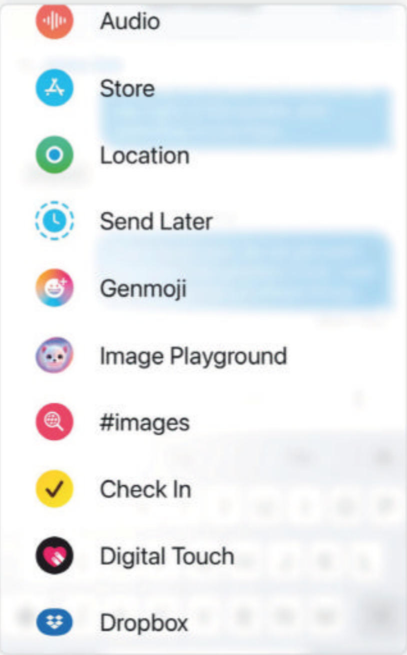
6 Here we added a picture of our own cat, so the cat would look like her. Tap the picture to go back to the elements that created it if you want to add or remove some. You can use six elements in total in an Image Playground picture.


Choose Starting Point
Choose an image inspired by Barbara as a starting point.
Details like hairstyle, accessories and skin tone may vary.
Choose Other Photo...

7 Tap the silhouette in the bottom right to choose a person identified in your Photos app as one of the elements used in your picture. This is great for making amusing customised pictures of people you know and love.


Cancel
Choose Appearance
Done

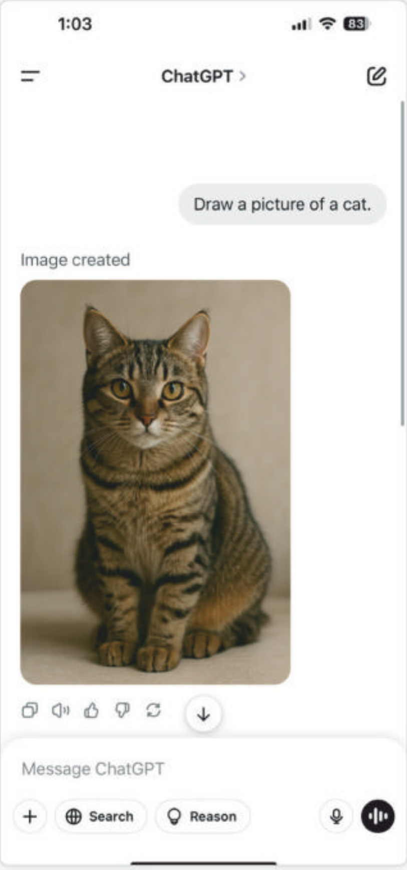
8 Instead of a photo, choosing Appearance lets you design a fictional person from scratch. Having done so, you can add further elements if you wish. And remember, you can add a description as an element at any time.


Audio
Store
Location
Send Later
Genmoji
Image Playground
#images
Check In
Digital Touch
Dropbox

9 Use Image Playground directly from Messages by tapping the Plus next to the message field, and scrolling up. In the Notes app, in make a piece of text a headline, then tap it to get the menu bubble and select Add to Playground.

ChatGPT
Quick On The Draw

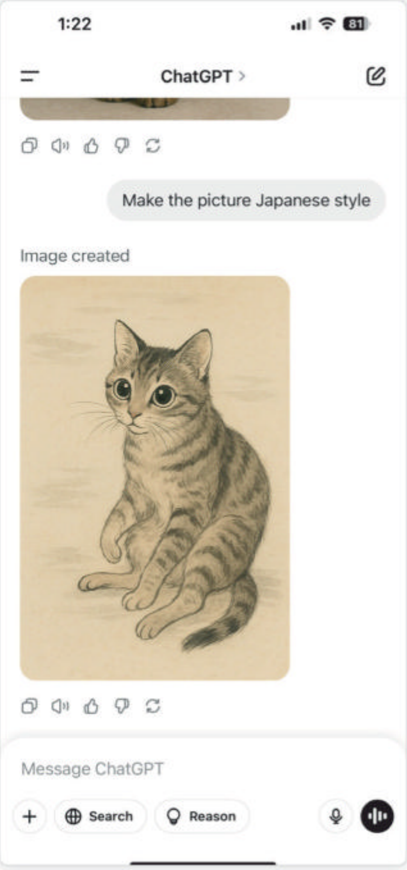
ChatGPT isn't just for helping you with your writing. It's also great for creating great art, using its built-in DALL-E2 AI model. They're just the thing for your newsletters, folder art or anything else for which you want to use them. Here's a beginner's guide to using the mobile ChatGPT app for creating great images, and how you can the get the most from them.



Draw a picture of a cat.

Image created

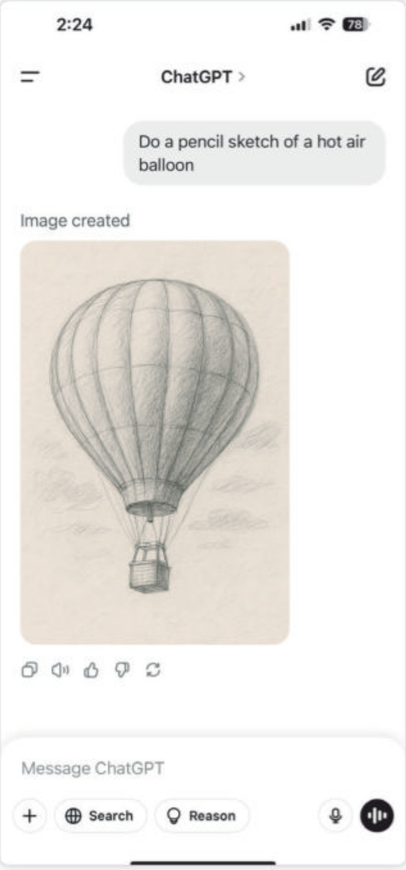
Message ChatGPT



Make the picture Japanese style

Image created

Message ChatGPT



Do a pencil sketch of a hot air balloon

Image created

Message ChatGPT

1 Creating a picture with ChatGPT is easy. All you have to do is ask. At its simplest, just type 'Draw a picture of [subject] and ChatGPT will do it for you. It might take a while to create it, though.

2 After the picture has been created, you can modify it with further instructions if you wish. Treat ChatGPT as a person. Whatever it is you want, just ask, and the AI will recalculate and redraw.

3 You can get ChatGPT to use a variety of art styles for your pictures. After your instruction – or as a follow-up – ask for a pencil sketch, watercolour, oil painting or whatever it is you prefer.

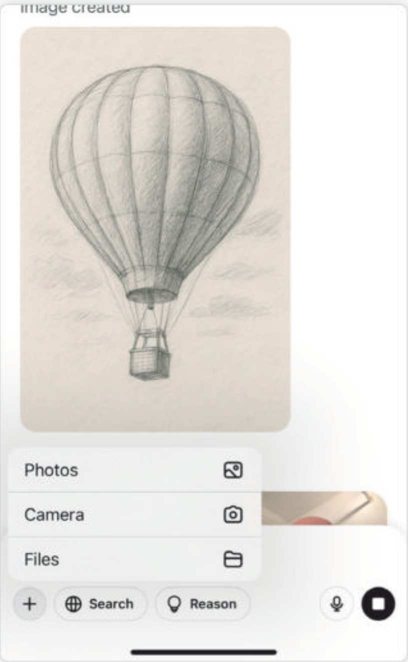
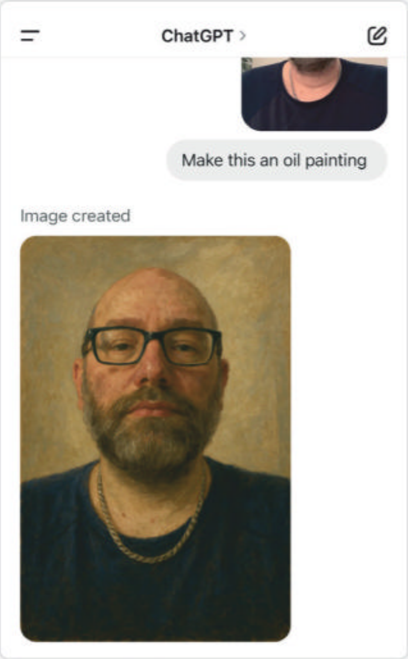


Image created
Photos
Camera
Files
+
Search
Reason

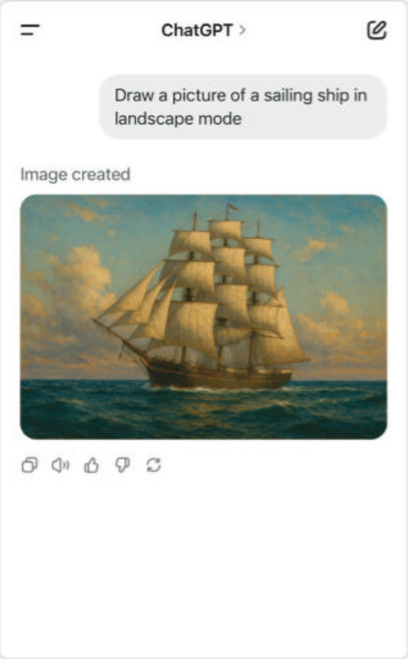
4 If you tap the plus icon in the bottom left corner of the screen, you can upload an attachment to ChatGPT. For example, you can add a photo, take a new one with your camera or something from Files.



Make this an oil painting

Image created

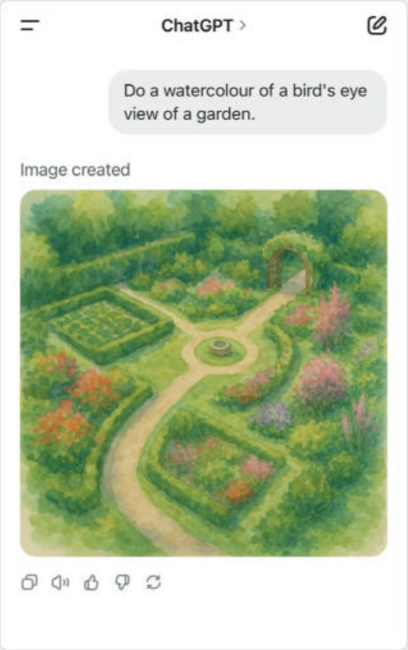
5 Here we've uploaded a photo, and asked ChatGPT to turn it into an oil painting. The AI has done just that, and the resultant artwork looks like it was painted by an old master. Try sketches and watercolours too.



Draw a picture of a sailing ship in landscape mode

Image created

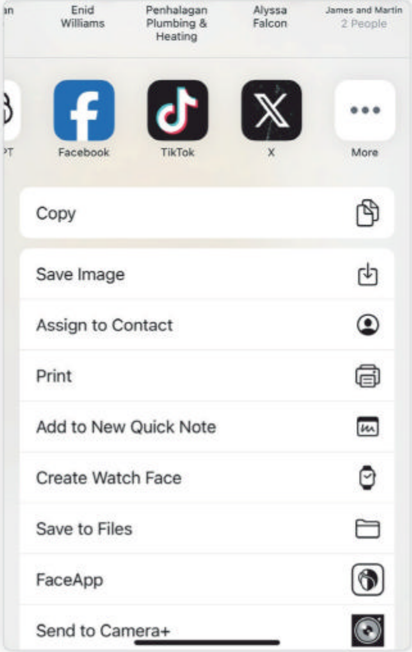
6 By default, images created by ChatGPT are in portrait mode, but you can ask for a different orientation or aspect ratio if you wish. Here we've requested a picture in landscape mode.



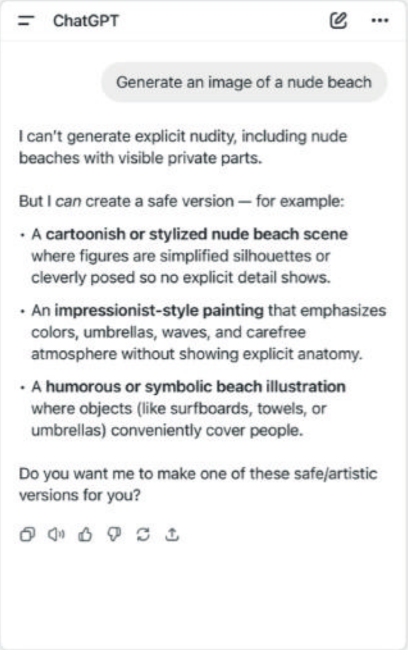
Do a watercolour of a bird's eye view of a garden.

Image created

7 You can also ask for a specific composition for your AIgenerated picture. Request a bird'seye view, one that uses the rule of thirds, a specific perspective and more. Experiment to find the style that is the best look for you.


Enid Williams
Penhalagan Plumbing & Heating
Alyssa Falcon
James and Martin
2 People
Facebook
TikTok
X
More
Copy
Save Image
Assign to Contact
Print
Add to New Quick Note
Create Watch Face
Save to Files
FaceApp
Send to Camera+

8 Tap and hold an image created by ChatGPT and you can mark it with thumbs-up or down, save it to Photos, copy it or share it using the usual options. You can save it to Files through the Share options too.



Generate an image of a nude beach

I can't generate explicit nudity, including nude beaches with visible private parts.

But I *can* create a safe version — for example:

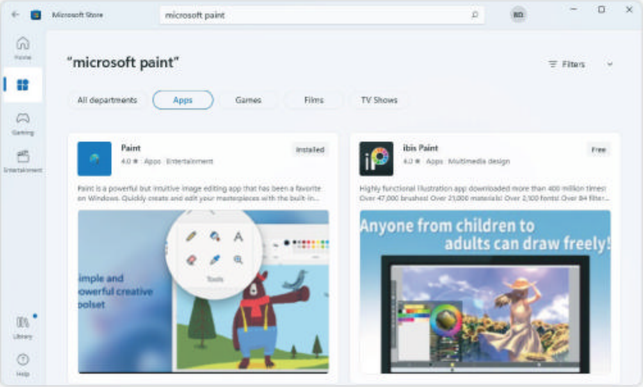
- A **cartoonish or stylized nude beach scene** where figures are simplified silhouettes or cleverly posed so no explicit detail shows.
- An **impressionist-style painting** that emphasizes colors, umbrellas, waves, and carefree atmosphere without showing explicit anatomy.
- A **humorous or symbolic beach illustration** where objects (like surfboards, towels, or umbrellas) conveniently cover people.

Do you want me to make one of these safe/artistic versions for you?

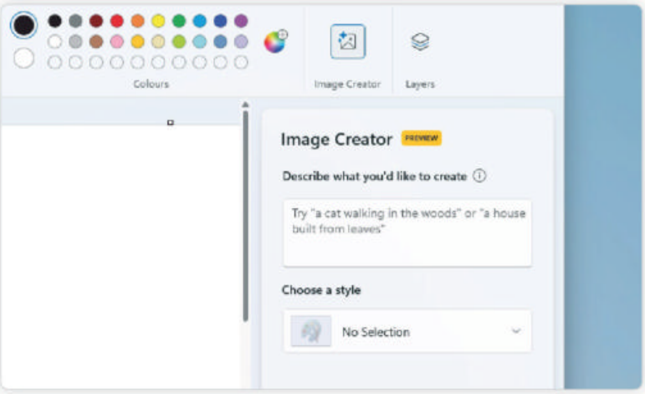
9 ChatGPT will reject requests that are intended to produce an offensive or pornographic image. If you try to get the AI to create something that might breach ChatGPT's rules, it simply declines.

Image Creator AI Graphic Tool

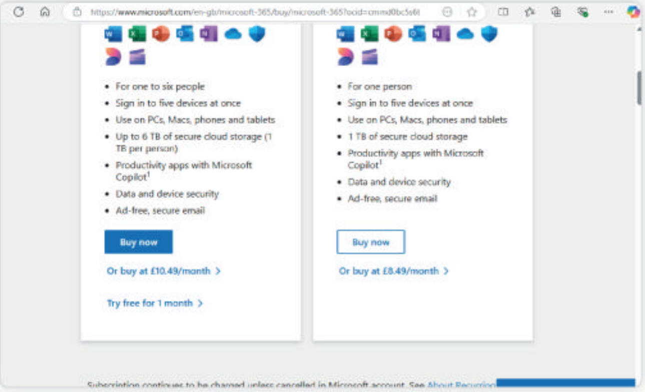
Creating an Artificial Intelligence generated image has been folded into MS Paint by adding elements of the core Copilot functionality. Although this kind of software is far from original thankfully Microsoft have added an impressive level of depth and range of content to make this tool worthy of your time. Here's how...


Microsoft Store
microsoft paint
"microsoft paint"
Filters
All departments
Apps
Games
Films
TV Shows
Paint
Installed
ibis Paint
Free
Anyone from children to adults can draw freely!

1 Image Creator is a feature that's found within the default Microsoft Paint app. First of all, open Microsoft Paint. If you don't have this app on your PC, open the Microsoft Store (from the Start button) and download it. After it's installed, click the Start button and launch it from there or click the app icon itself.


Colours
Image Creator
Layers
Image Creator PREVIEW
Describe what you'd like to create
Try "a cat walking in the woods" or "a house built from leaves"
Choose a style
No Selection

2 Make sure you're signed into MS Paint with the same account you registered for MS365; click the icon in the top-right corner of MS Paint to sign in and out. Describe the image you want to create in the field in the right-hand sidebar. Be as specific as possible with your description to get the best results.



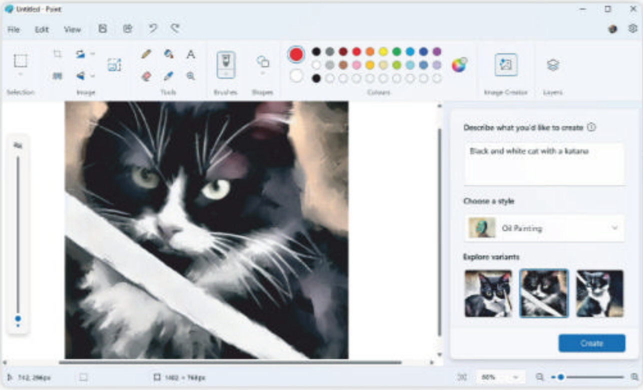
- For one to six people
- Sign in to five devices at once
- Use on PCs, Macs, phones and tablets
- Up to 6 TB of secure cloud storage (1 TB per person)
- Productivity apps with Microsoft Copilot[1]
- Data and device security
- Ad-free, secure email

Buy now
Or buy at £10.49/month
Try free for 1 month

- For one person
- Sign in to five devices at once
- Use on PCs, Macs, phones and tablets
- 1 TB of secure cloud storage
- Productivity apps with Microsoft Copilot[1]
- Data and device security
- Ad-free, secure email

Buy now
Or buy at £8.49/month

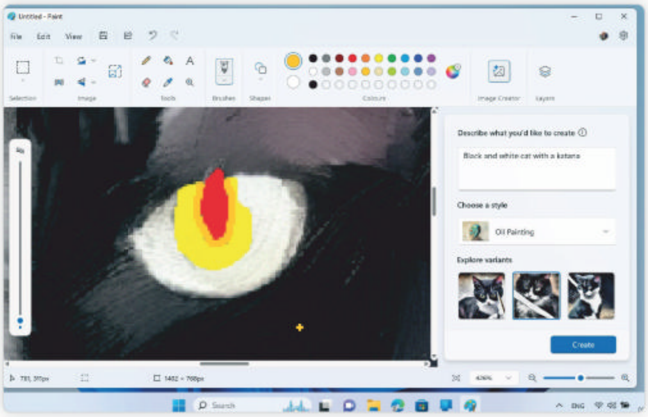
3 To use Image Creator, you need credits associated with a Microsoft 365 subscription. Click on Image Creator in the toolbar, and if you don't currently have a subscription, scroll the sidebar up and click the button marked 'See Plans'. You can try free for a month to see if works for you.


Untitled - Paint
File
Edit
View
Selection
Image
Tools
Brushes
Shapes
Colours
Image Creator
Layers
Explore variants
Create

Describe what you'd like to create: Black and white cat with a katana

Choose a style: Oil Painting

4 If you wish, choose a style using the pull-down menu under the description field to set what art style your Artificial Intelligence picture is created in. When you're done, click on the Create button. After a short while, a series of pictures are displayed at the foot of the sidebar. Choose your favourite one from these.



Describe what you'd like to create

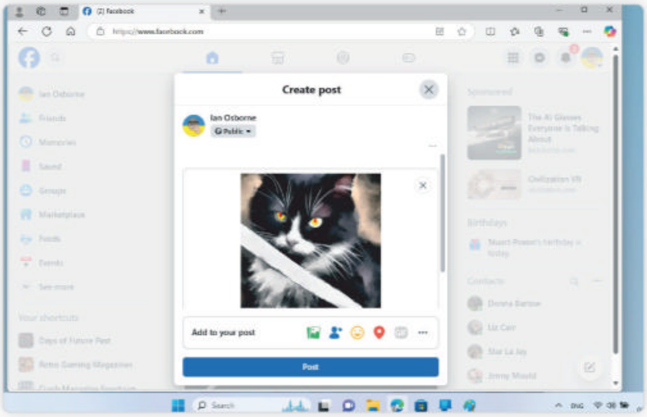
Black and white cat with a katana

Choose a style

Oil Painting

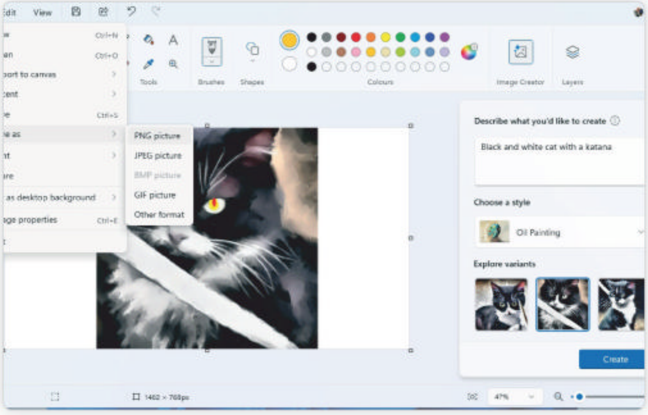
Untitled - Paint
File
Edit
View
Explore variants
Create

5 The image you clicked on is displayed in the main window in Microsoft Paint. You can now edit it using the tools offered by the Microsoft Paint app. Tweak the colours, add details, remove the background and more. Here we painted in the eyes of our black and white cat.



Create post
Ian Osborne
Public
Add to your post
Post

6 When you've saved your image to your device, it's available for use in any project you like. Upload it to Facebook, use it as a picture in the flyer you're designing, send it on your favourite micro-blogging site, and more. The picture is yours now – use it how you please.



Describe what you'd like to create

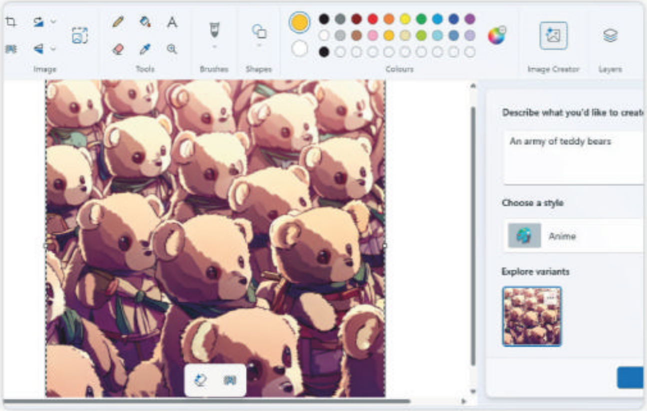
Black and white cat with a katana

Choose a style

Oil Painting

PNG picture
JPEG picture
BMP picture
GIF picture
Other format
Explore variants
Create

7 When you've finished, click on the File menu in the top bar and select Save As. You can then choose the file format in which you want to save. After choosing a format, enter a file name for your picture and a location on your device where you want to save it, then save.



Describe what you'd like to create

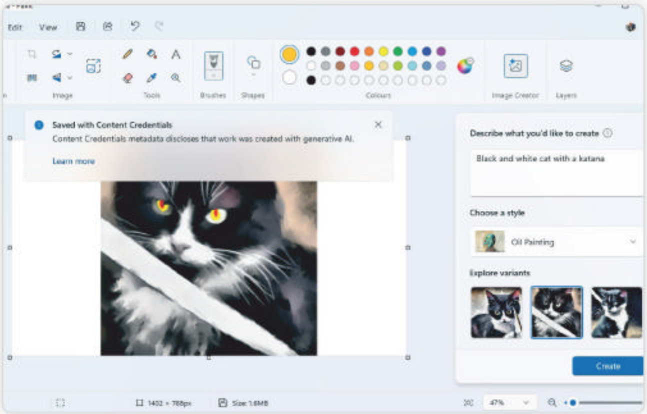
An army of teddy bears

Choose a style

Anime

Explore variants

8 If you need more images, repeat the process with different prompts. Make new pictures, offer increasingly specific descriptions, try something out, and more. It's amazing what you can do with Image Creator, but remember, it's still currently in preview – it's not perfect.



Saved with Content Credentials

Content Credentials metadata discloses that work was created with generative AI.

Learn more

Describe what you'd like to create

Black and white cat with a katana

Choose a style

Oil Painting

Explore variants
Create

9 When you save an Image Creator image out of Microsoft Paint, it's saved with metadata, that is, information contained within the file but not shown in the picture, that makes it clear that the image was AI generated. This is based on the C2PA standard – Google it if you're interested.

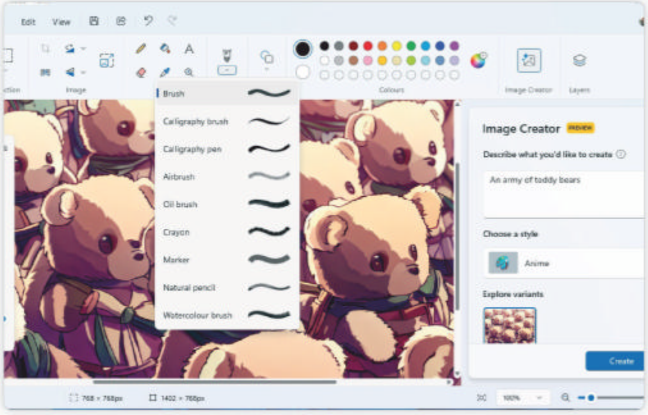


Image Creator PREVIEW

Describe what you'd like to create

An army of teddy bears

Choose a style

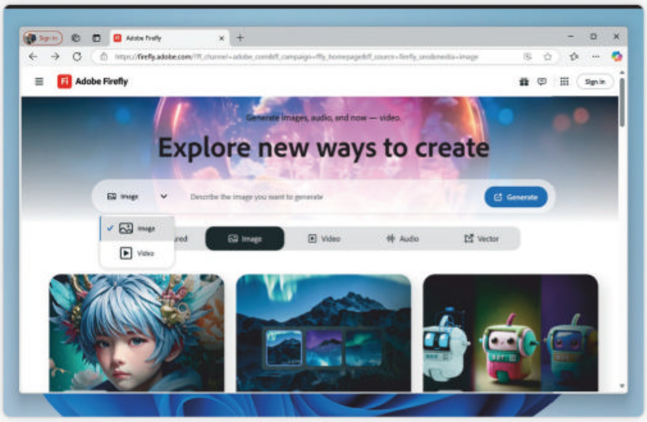
Anime

Brush
Calligraphy brush
Calligraphy pen
Airbrush
Oil brush
Crayon
Marker
Natural pencil
Watercolour brush
Explore variants
Create

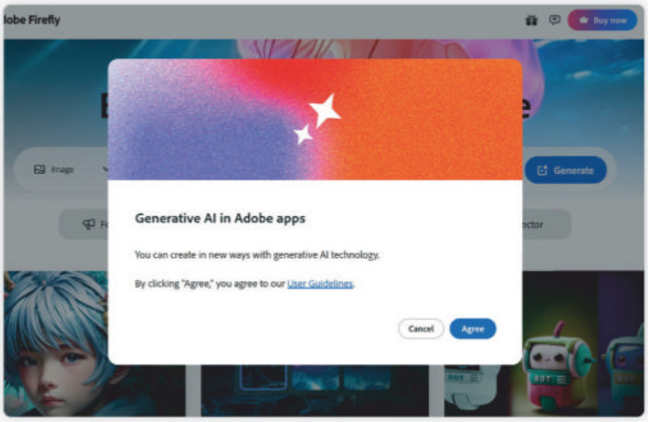
10 If you ask Image Creator to produce something lewd or offensive, it's likely to decline the request. As you practice and build more and better AI-generated images, familiarise yourself with the extra tools on offer. Look at the brushes, and the shapes. Add captions, and more.

Adobe Firefly For Images and Video

Adobe Firefly is another artificial intelligence that's accessed through a web portal. You can use it on a Mac or a PC. It's commercially safe in that its generative AI models are trained using content Adobe has gained permission to use, and it produces great content – take a look at some of the examples at https://firefly.adobe.com and you'll see what we mean.


Adobe Firefly
Generate images, audio, and now — video.
Explore new ways to create
Image
Describe the image you want to generate
Generate
Image
Video
Image
Video
Audio
Vector

1 First of all, in the text field found on the Adobe Firefly website, click the chevron found in the left-hand side. This lets you switch between Image and Video. To start with, let's create an AI generated image.

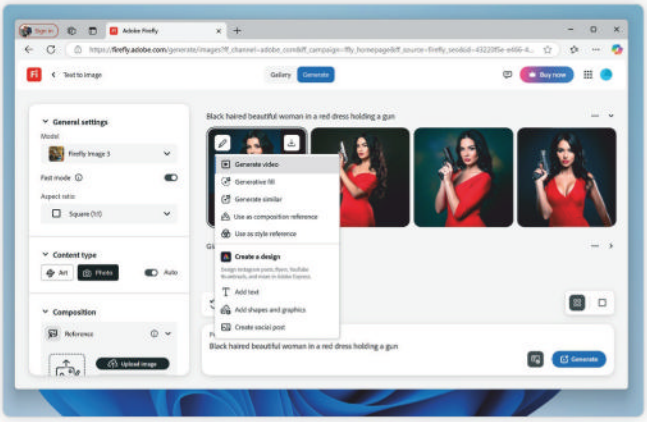

Generative AI in Adobe apps

You can create in new ways with generative AI technology.

By clicking "Agree," you agree to our User Guidelines.

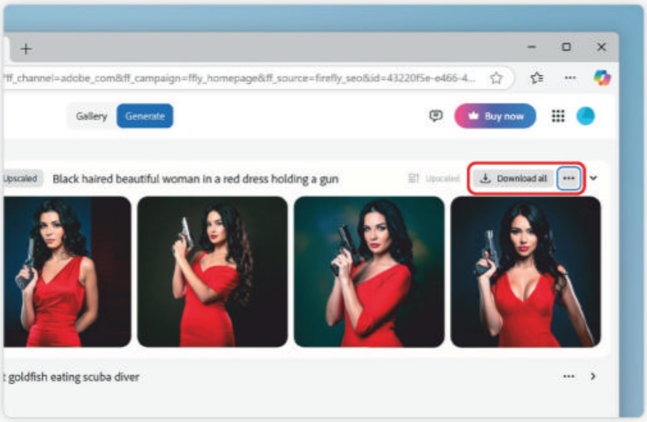
Cancel
Agree
Generate
Buy now

2 In the text field, write what it is you want Firefly to create, then click the Generate button. You might have to log in to your Adobe account, and you'll have to accept terms first time you do this.


Black haired beautiful woman in a red dress holding a gun

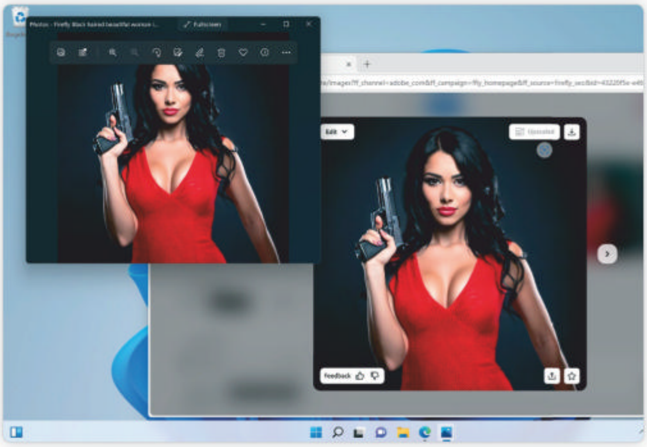
Text to image
Gallery
Generate
Buy now
General settings
Model
Firefly Image 3
Fast mode
Aspect ratio
Square (1:1)
Content type
Art
Photo
Auto
Composition
Reference
Upload image
Generate video
Generative fill
Generate similar
Use as composition reference
Use as style reference
Create a design
Add text
Add shapes and graphics
Create social post
Generate

3 Firefly generates images based on your request. It's pretty quick too. Hover over one of the images and click the pencil for a menu that lets you further develop/ customise the picture in several ways.

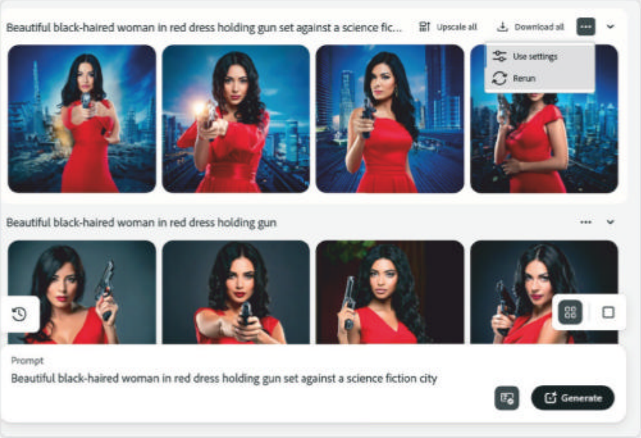

Black haired beautiful woman in a red dress holding a gun

Gallery
Generate
Buy now
Upscaled
Upscaled
Download all
goldfish eating scuba diver

4 The Upscale option increases the images' resolutions. Download All downloads all of the images to your computer (you can download them individually by hovering over them and clicking the Download icon).


Edit
Feedback

5 Click on an image to open it in a larger form. You can still hover over it and access the tools described earlier. A downloaded picture is sent to your Photos app (Windows PC) or Downloads folder (Apple Mac).

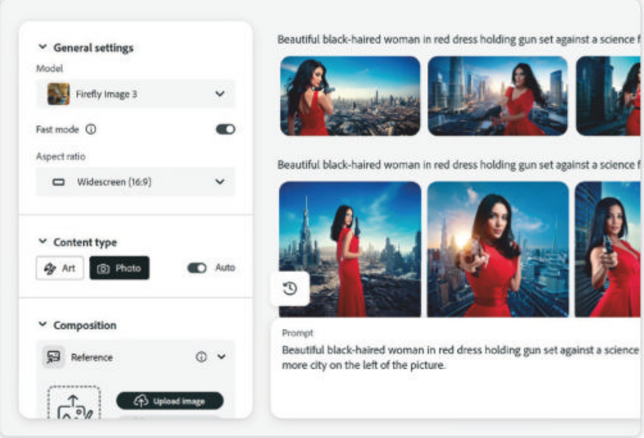

Beautiful black-haired woman in red dress holding gun set against a science fic...

Beautiful black-haired woman in red dress holding gun

Prompt
Beautiful black-haired woman in red dress holding gun set against a science fiction city

Upscale all
Download all
Use settings
Rerun
Generate

6 If you want Firefly to run your last command again, click the three-dots icon. Or you can edit the instruction in the Prompt field at the foot of the window, to modify your original command.

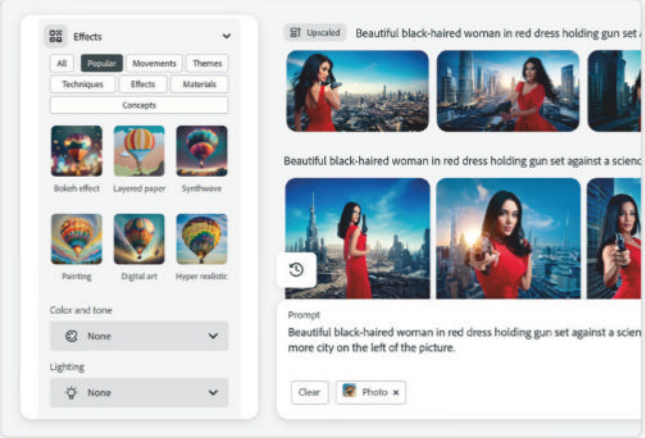

General settings
Model: Firefly Image 3
Fast mode
Aspect ratio: Widescreen (16:9)
Content type: Photo
Composition: Reference

Beautiful black-haired woman in red dress holding gun set against a science f

Prompt
Beautiful black-haired woman in red dress holding gun set against a science
more city on the left of the picture.

Art
Auto
Upload image

7 Don't miss the settings in the left-hand sidebar. At the top, you can choose which Firefly model to use, turn Fast Mode on and off and set an aspect ratio for your AI picture. Experiment, and have fun.


Effects
Color and tone: None
Lighting: None

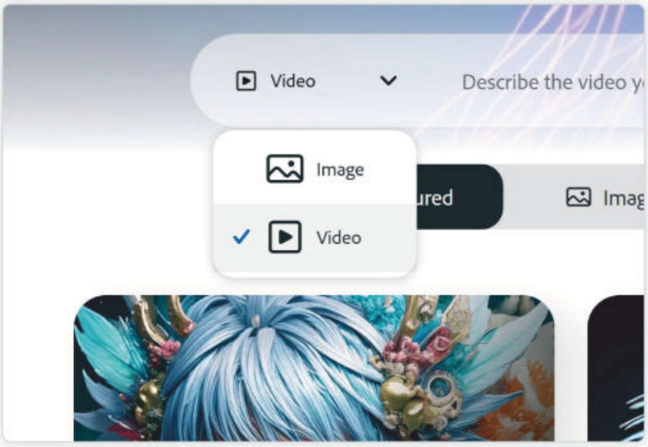
Beautiful black-haired woman in red dress holding gun set a

Beautiful black-haired woman in red dress holding gun set against a scienc

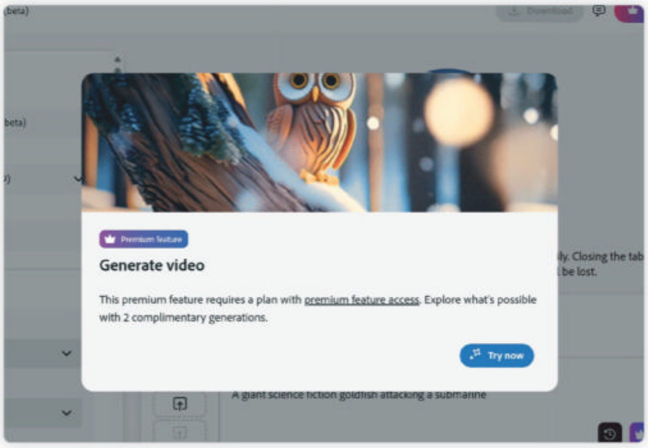
Prompt
Beautiful black-haired woman in red dress holding gun set against a scien
more city on the left of the picture.

All
Popular
Movements
Themes
Techniques
Effects
Materials
Concepts
Bokeh effect
Layered paper
Synthwave
Painting
Digital art
Hyper realistic
Upscaled
Clear
Photo

8 Other settings available in Firefly include switching between generating an art picture or a photo-realistic one, changing its composition and style, the chance to upload a picture for reference and more.


Video
Describe the video y
Image
Video
ured
Imag

9 Firefly can also generate AI videos. To switch to generating videos, first of all go back to the landing page, and click the chevron in the left of the text field and choose the Video option to begin.


Generate video

This premium feature requires a plan with premium feature access. Explore what's possible with 2 complimentary generations.

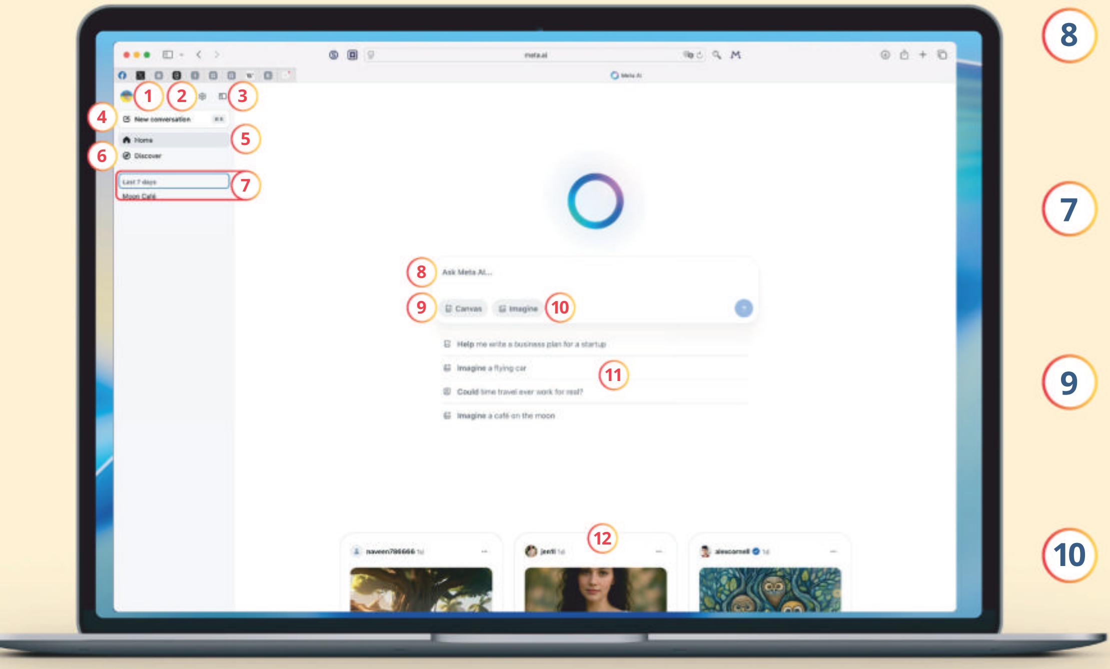
A giant science fiction goldfish attacking a submarine

Premium feature
Try now
Download

10 Video generation requires a premium – that is, paid-for – plan, but if you want to give it a go before deciding on whether to upgrade your free plan, you get two free generations to play with.

Meta AI From Facebook

It's no surprise that Meta Platforms, formerly Facebook, has thrown its metaphoric hat into the artificial intelligence ring. First installed on Ray-Ban Meta glasses as a voice assistant, you can now use Meta AI on your web browser at https://www.meta.ai. Let's see how it works.



Help me write a business plan for a startup

Imagine a flying car

Could time travel ever work for real?

Imagine a café on the moon

8 Your history with Meta AI for the last seven days is listed here. Click on an item in the list to make the enquiry again.

7 The text entry field. Type your request to Meta AI and click the blue circular icon with the arrow on it to send it.

9 You can create docs and add images using the Canvas feature. It's in beta, so don't expect it to be perfect.

10 Click this icon and you can create an image using Meta AI.

1 Log in through Facebook and your Facebook avatar appears here.

2 The cog icon here opens the Settings pop-up window. Use it to access the Settings panel, AI demos, AI Studio and to Log out of your Facebook account.

3 Open and close the left-hand sidebar here. You might want to close it if you're using a small screen, and need the extra space for your AI work.

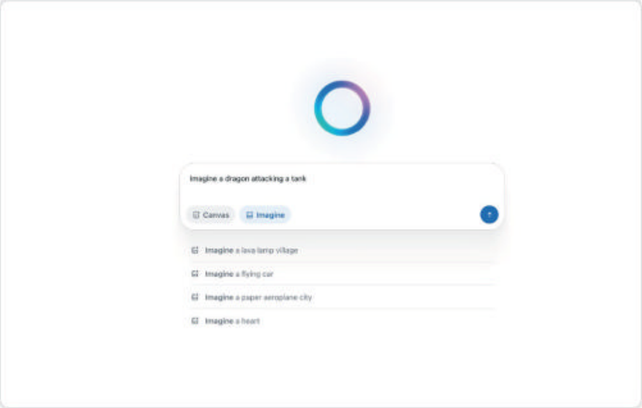
4 Click here – or press CMD-K – to open a new input window and start a new conversation with Meta AI.

5 The Home button takes you back to the page you see here.

6 Would you like to see what Meta AI can do, including answering questions and creating art? Click Discover to see some examples.

11 These are examples of things that have been asked of Meta AI. Click on one of them to make the same request. It's a good way of getting in touch with what Meta AI can do.

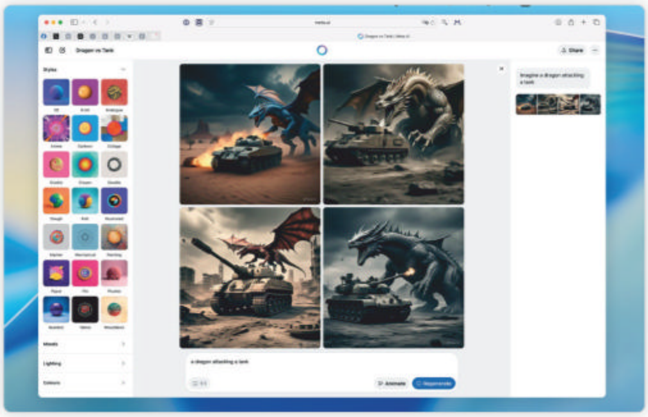
12 At the foot of the page are more examples of Meta AI requests. They're the same examples you see when you click the Discover icon [6]. Click on one to see it in full size.



Imagine a dragon attacking a tank

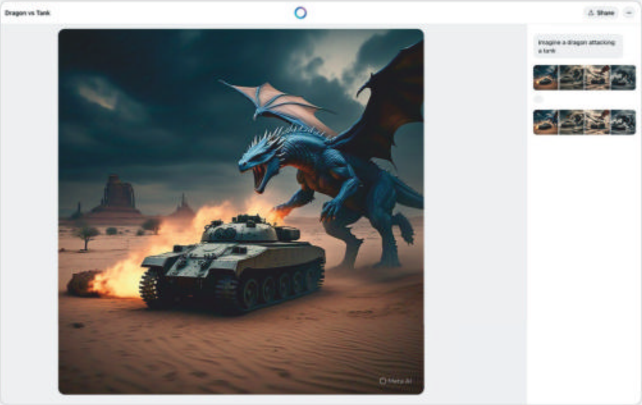
Canvas
Imagine
Imagine a lava lamp village
Imagine a flying car
Imagine a paper aeroplane city
Imagine a heart

1 To create an AI picture, first of all, click the Imagine icon found in the text window. The word 'Imagine' appears in the text field. Now type your instructions about what you want to see in the picture. Experiment, it's fun.



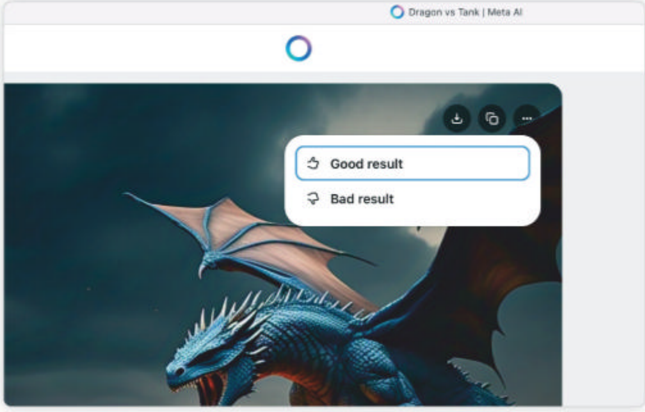
Dragon vs Tank
Styles
Moods
Lighting
Colours
Animate
Regenerate

2 Next up, click the blue circle showing an arrow, and Meta AI creates a series of pictures based on the description you provided. If you want to change the aspect ratio, click the current ratio in the bottom-right of the text field and choose a new one.



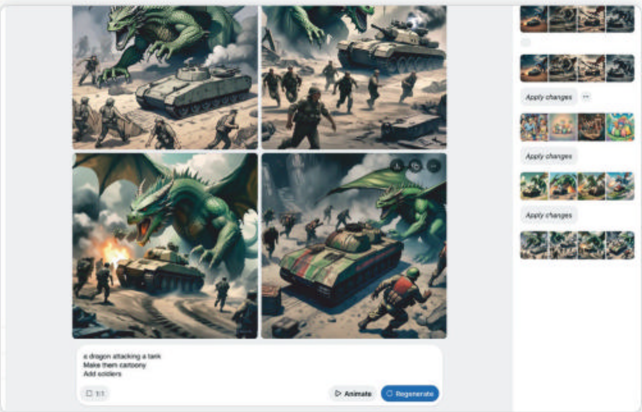
Dragon vs Tank
Share
Imagine a dragon attacking a tank

3 To make the images move, click the Animate button. If you want to go back to static pictures, click the stills in the right-hand sidebar. If you're not happy with any of the pictures, click Regenerate. Click a picture to view it full size within the app.



Dragon vs Tank | Meta AI
Good result
Bad result

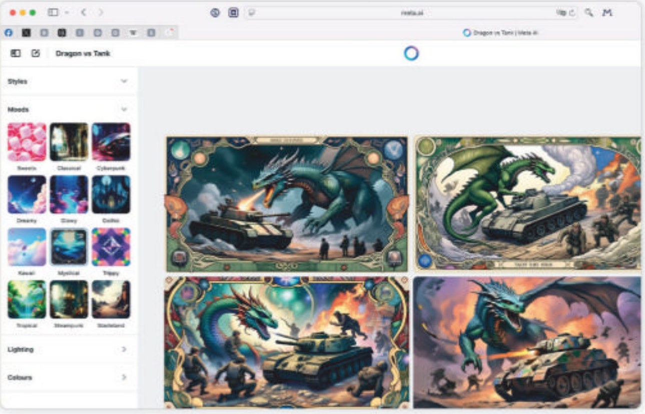
4 Click on the full-sized picture and you see three icons in the top-right corner. The one on the left is the download icon, so you can download the picture. The three-dots icon lets you give the picture a thumbs-up (Like) or thumbs-down (Dislike) rating



a dragon attacking a tank
Make them cartoony
Add soldiers

Apply changes
1:1
Animate
Regenerate

5 You can modify the pictures by adding to the text request, which remains at the foot of the screen. You can change the art style, add new features and more. Meta AI reconstructs the pictures according to the new instructions you have given.

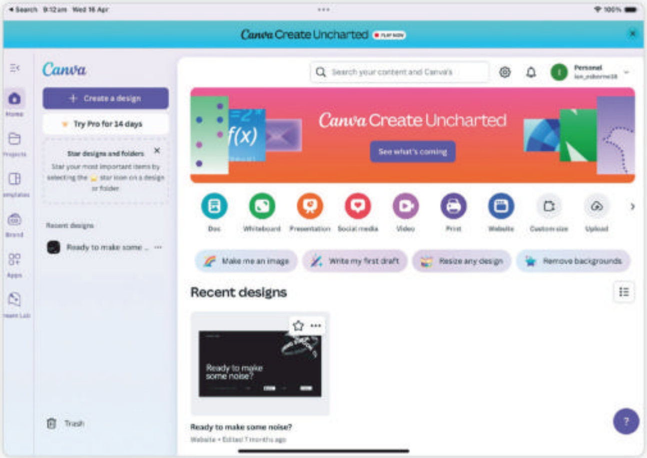


Dragon vs Tank
Styles
Moods
Sweets
Classical
Cyberpunk
Dreamy
Glowy
Gothic
Kawaii
Mystical
Trippy
Tropical
Steampunk
Wasteland
Lighting
Colours

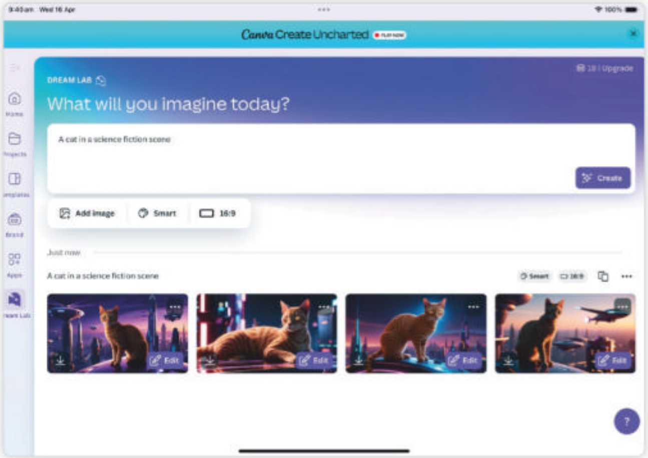
6 Don't miss the options in the left-hand sidebar too. Open one of the categories as listed and you can change the pictures style, give it a mood, revise the lighting conditions or give it a new colour scheme. There's lots to do, so have fun experimenting .

Canva
For AI Designs

Canva is available for computers and mobile devices, and it lets you design, generate, print and work on anything. You can work on whiteboards, social media, documents, videos and more, but here we cover images.

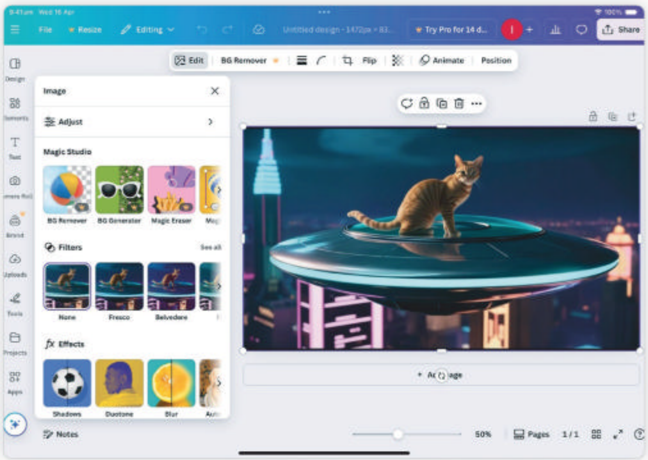

Canva Create Uncharted
Create a design
Try Pro for 14 days
Star designs and folders
Recent designs
Ready to make some noise?
Trash
Canva Create Uncharted
See what's coming
Doc
Whiteboard
Presentation
Social media
Video
Print
Website
Custom size
Upload
Make me an image
Write my first draft
Resize any design
Remove backgrounds
Recent designs
Ready to make some noise?

1 We're using a mobile device (an iPad) here, but the principles are the same for phones and computers. Open the Canva app, and create an account or log in. We're using the free version here, but there is a Pro version too.

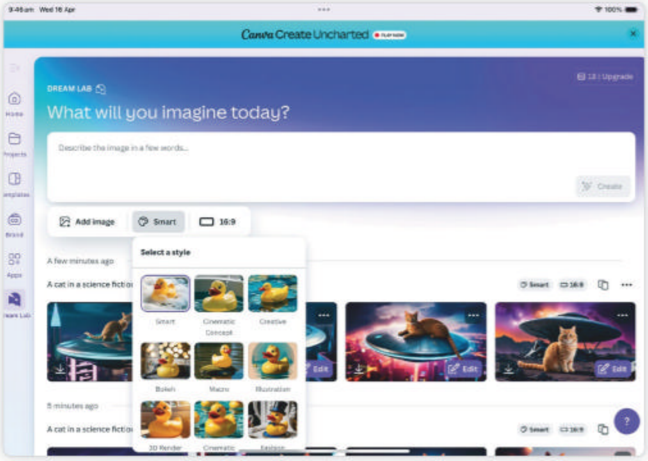

Canva Create Uncharted
DREAM LAB
What will you imagine today?
Create
Add image
Smart
16:9
Just now

A cat in a science fiction scene

2 Tap the Make an Image button. Type what you want into the text field, and then tap the Create button. Canva produces a series of images based on your text. You can then modify the image with further requests if needed.


File
Resize
Editing
Share
Edit
BG Remover
Flip
Animate
Position
Image
Adjust
Magic Studio
BG Remover
BG Generator
Magic Eraser
Filters
See all
None
Fresco
Belvedere
Effects
Shadows
Duotone
Blur
Notes
50%
Pages
1/1

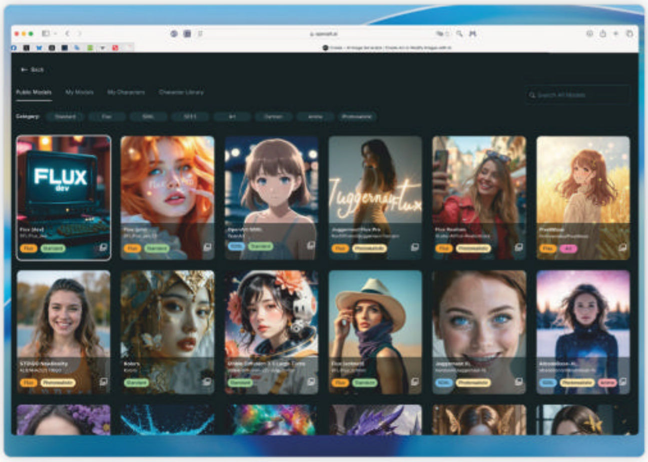
3 If you tap the Edit button on one of the created AI pictures, it's opened in an editor that lets you make modifications to the image. You can make adjustments, remove the background, add effects and more.


Canva Create Uncharted
DREAM LAB
What will you imagine today?
Describe the image in a few words...
Create
Add image
Smart
16:9
Select a style
Smart
Cinematic Concept
Creative
Bokeh
Macro
Illustration
3D Render
Cinematic
Fantasy
A few minutes ago
5 minutes ago

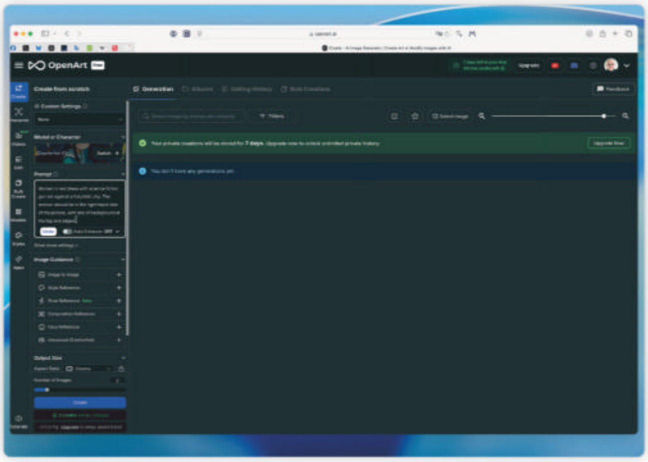
4 There are three buttons underneath the text field. You can add an image, so the AI starts with what you already have, select a style with the Smart button or change the aspect ratio of the image the AI creates.

Leonardo AI
A Web-based Portal

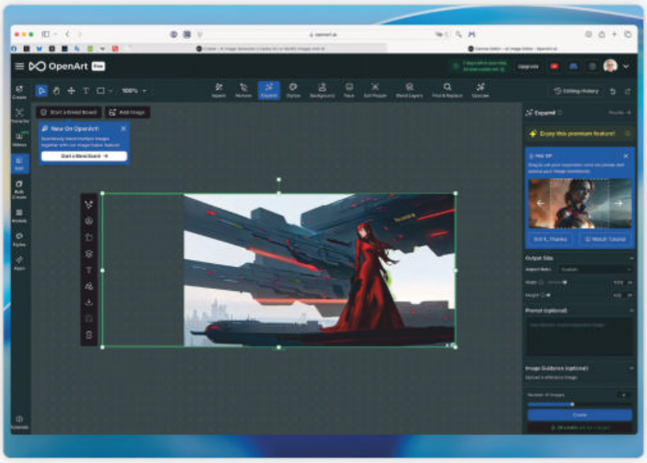
With Leonardo AI, you can create amazing images, take them into the site's image editor, save out an AI-created character for consistent storytelling and even turn your work into a video. Here's how to get started with it.



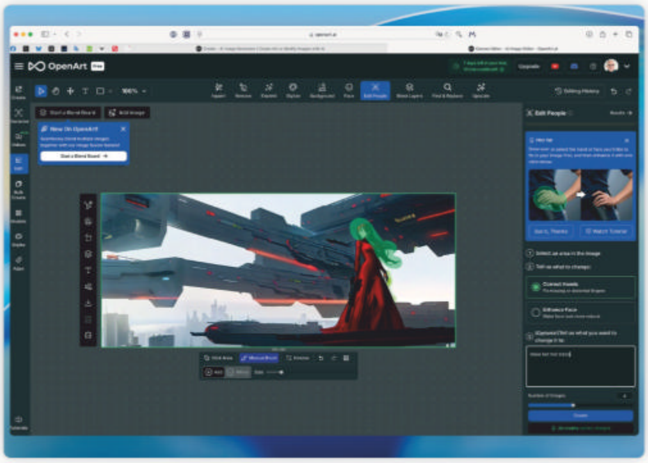
1 Sign in or create an account. On the main screen, in the left-hand sidebar, the top option is labelled Model or Character. Click the Switch button to choose someone on which to base your AI pictures. Over 100 are available.



2 The next section of the sidebar is Prompt, the text field where you describe what it is you want in your picture. Below this are options such as changing the aspect ratio, image options such as pose guidance and more.



3 When you're ready, click the Create button. The pictures are generated – it might take a while. When they're done, you can click on one of them to open it. Editing options are available; expanding the picture is a useful one.



4 The Edit People option is useful too. Draw over the part of the picture you want to change, and tell the AI what it is you want to change. When you're ready, click Create, and your changes are carried out.

Better Photography & Videography_

As well as making your own art from scratch, you can also use artificial intelligence platforms to enhance and improve your own photography and images. Has someone photobombed your otherwise-excellent family picture? Use AI to erase them. Is it slightly out of focus, or have the colours come out incorrectly? Again, AI can put it right. With a little experimentation with AI, you can turn mediocre photos into stunning pictures.

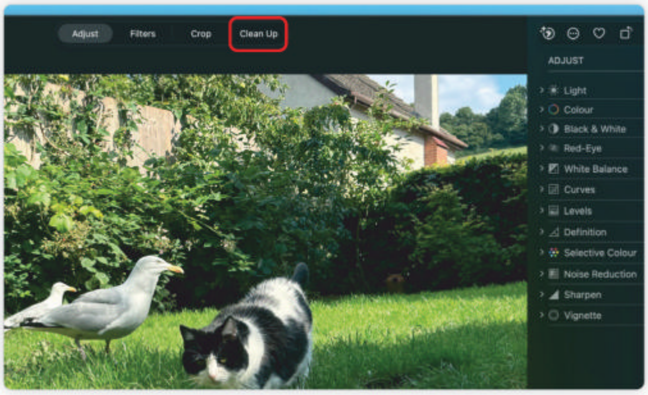
In this section

36 Apple Intelligence Photos & Clean Up
38 Google Photos - Editing With AI
40 Descript - For Video Editing
41 Invideo - Videos From a Script

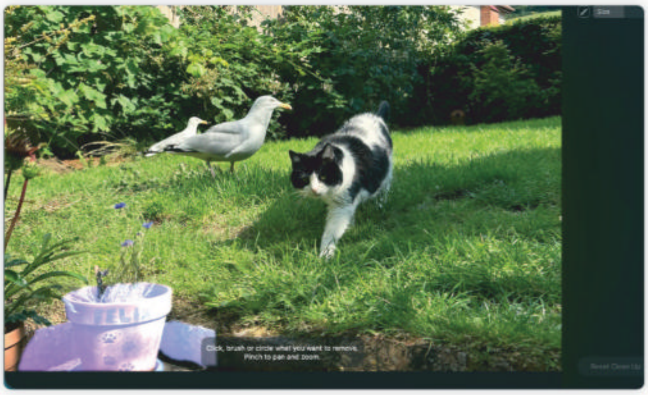
Apple Intelligence Photos & Clean Up

Apple Intelligence also improves the way we use the popular Photos app. Using Apple Intelligence, it's far easier to find what you're looking for when searching your photo and video library. You get better movies of stories to enjoy too, and perhaps best of all, Apple Intelligence can remove unwanted features in a photograph to improve your compositions.

Remove Unwanted Features

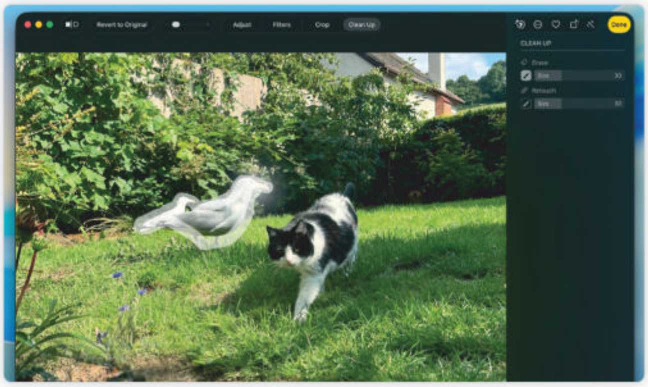

Adjust
Filters
Crop
Clean Up
ADJUST
Light
Colour
Black & White
Red-Eye
White Balance
Curves
Levels
Definition
Selective Colour
Noise Reduction
Sharpen
Vignette

1 In the Photos app, find and open the picture you want to edit and then tap the Edit button, found in the top-right corner. On the next screen, tap the new option, Clean Up, found in the toolbar at the top.

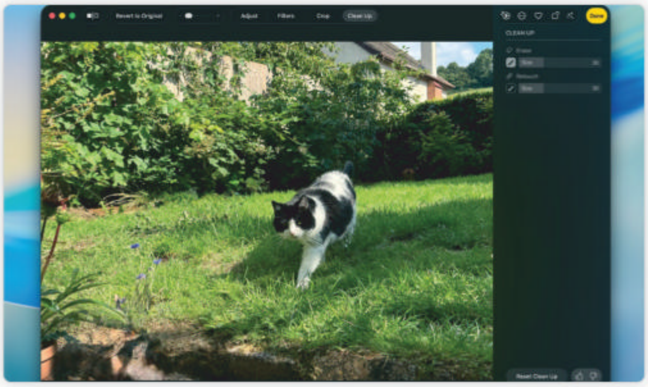


Click, brush or circle what you want to remove.
Pinch to pan and zoom.

2 After a few seconds, items you might want to remove are identified. Click one you do indeed want gone. Apple Intelligence removes it and fills in the background behind it, so it looks like it was never there.

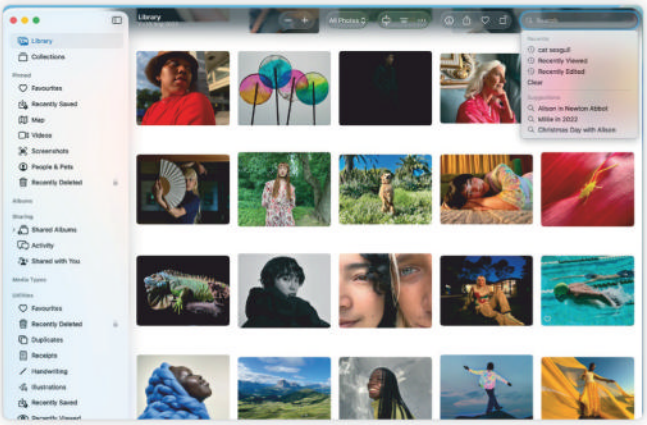


3 If there are any features Apple Intelligence hasn't identified as something you might want to remove, click and drag over that particular feature to remove it manually instead.

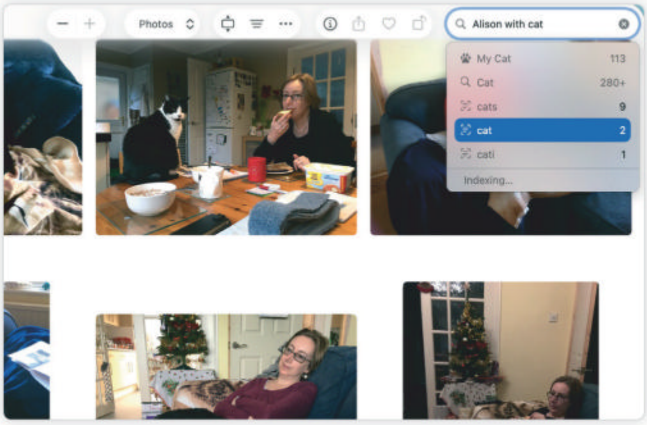


4 Get it basically right, and Apple Intelligence will know what you mean. A feature identified in this way is removed, just like in the previous step, leaving you with a much better photograph.

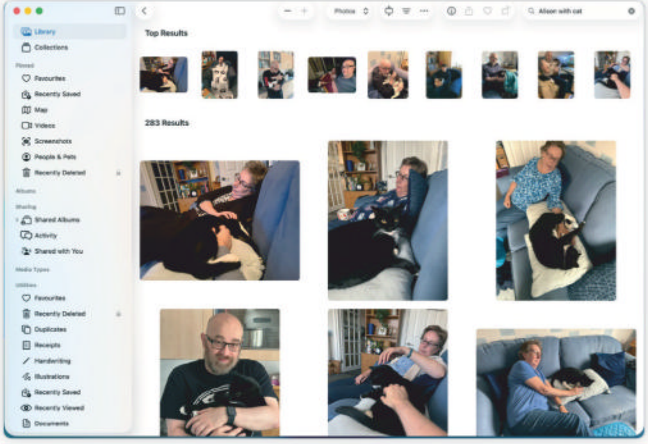
Searching Photos



1 Apple Intelligence can help you search for specific photos and videos. Tap the Search field, and then type a description using natural language; write it just like you would speak it, the results speak for themselves.

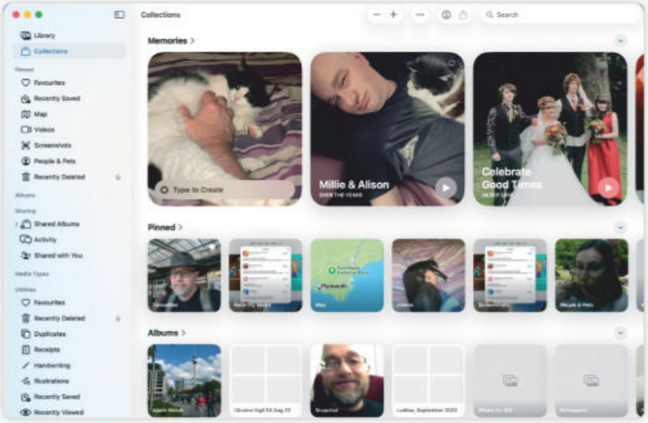

Photos
Alison with cat
My Cat 113
Cat 280+
cats 9
cat 2
cati 1
Indexing...

2 You can use names of people you've identified in your Photos app too. You're presented with search results. Choose one, or tap the Return key to search for a specific image.

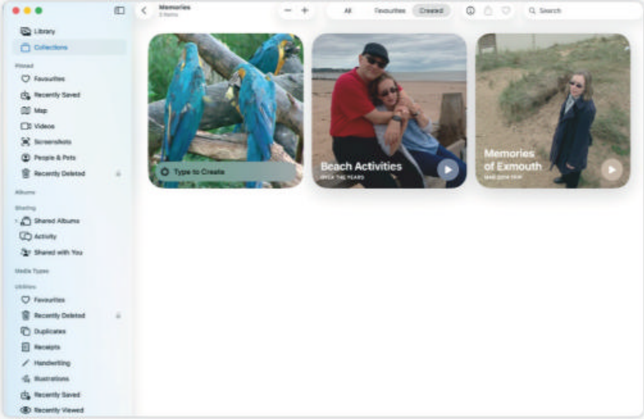

Top Results
283 Results

3 All the photos that fit your search description are offered. Albums and Collections are also offered, at the top of the results. The first row of results are the best matches for your search criteria.

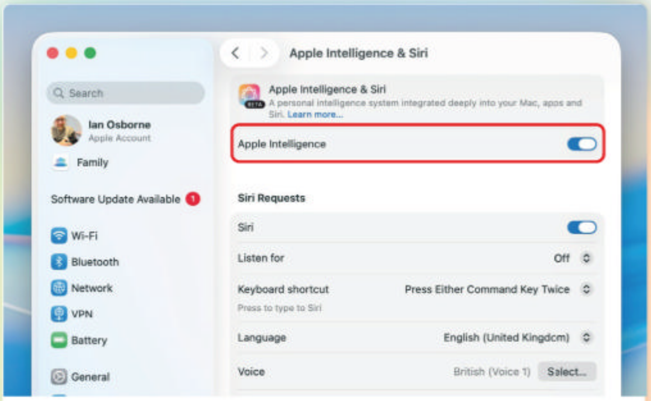
Watching Memories


Collections
Memories
Type to Create
Millie & Alison
Celebrate Good Times
Pinned
Albums

1 If you have an iOS device, you might well have created custom memories on it using the Apple Intelligence feature. You can also view these memories in the Photos app on your Mac if you wish.


Memories
Created
Type to Create
Beach Activities
Memories of Exmouth

2 Click Collections in the sidebar, and then click the 'Created' button found in the toolbar at the top of the screen. Memories you've created are shown here; click on one to view it in the Photos app.


Search
Ian Osborne
Apple Account
Family
Software Update Available 1
Wi-Fi
Bluetooth
Network
VPN
Battery
General
Select...

Apple Intelligence & Siri

Apple Intelligence & Siri
A personal intelligence system integrated deeply into your Mac, apps and Siri. Learn more...

Apple Intelligence

Siri Requests

Siri

Listen for Off

Keyboard shortcut Press Either Command Key Twice
Press to type to Siri

Language English (United Kingdcm)

Voice British (Voice 1)

Switch it On

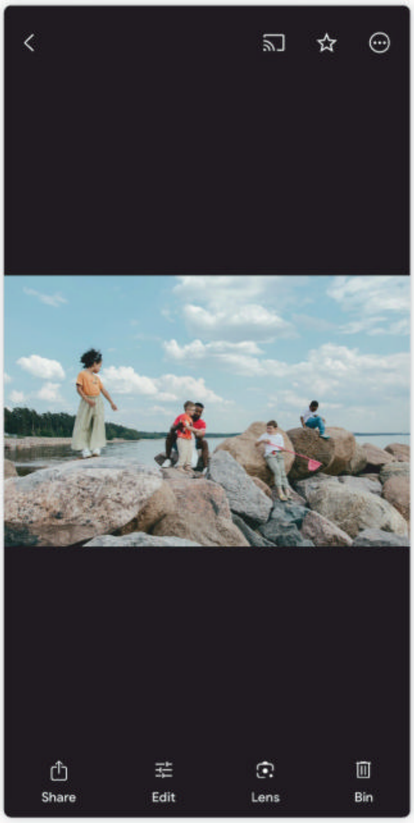
To turn on Apple Intelligence across macOS, open System Settings, and click on Apple Intelligence & Siri in the sidebar. At the top of the right-hand panel, make Sure Apple Intelligence is switched on.

Google Photos Editing With AI

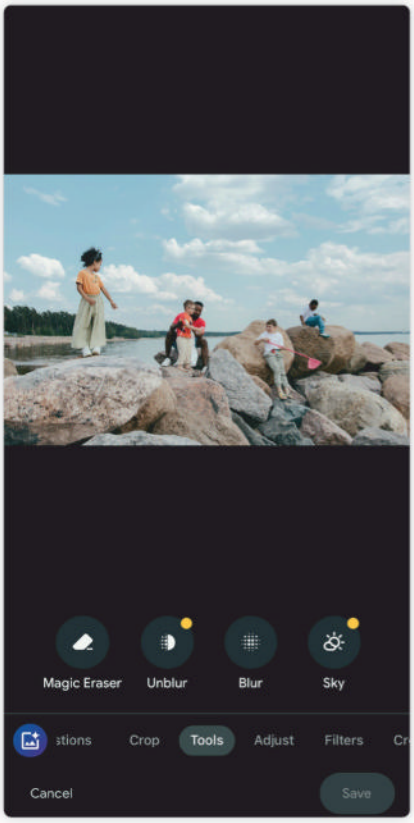
Once again, we are looking toward Google's AI integration to help us make time-consuming tasks less of a chore. For the purposes of this tutorial, we will show you how to make complex edits to your photography without any need to step away from your mobile device.

The Mobile Editing Process Explained

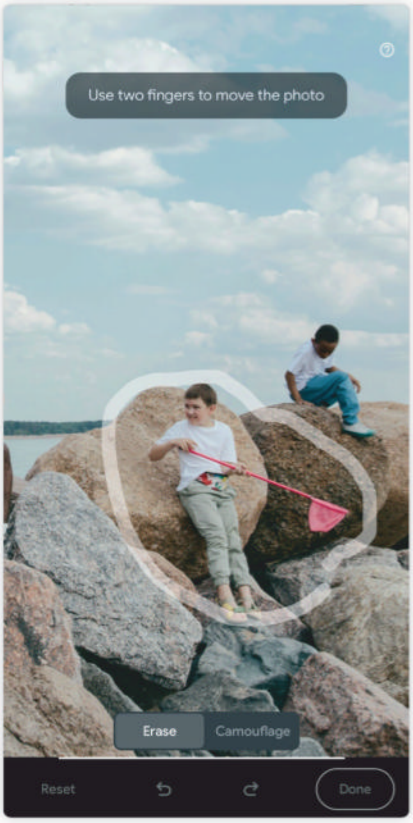
Learn how to customise, edit, and enhance your photography by capitalising on the Photos App's unique features.


Share
Edit
Lens
Bin

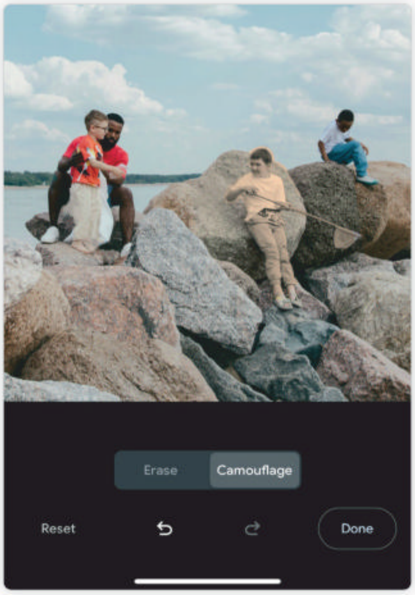
1 Open the Google Photos app on your mobile device. Select the image you will customise from your gallery. When the image has opened in a new screen, tap the Edit link at the bottom of the screen to start the process. You can also search for similar images using the Lens link.


Magic Eraser
Unblur
Blur
Sky
stions
Crop
Tools
Adjust
Filters
Cr
Cancel
Save

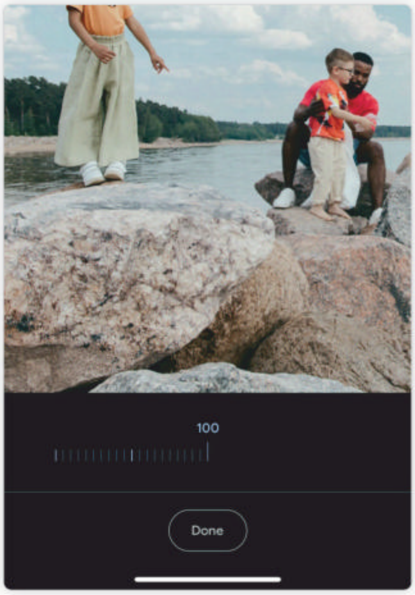
2 Click on the "Edit" icon. This will open up various editing tools, many of which will be familiar to the web app users, although those wishing to use the full editing suite are better catered for using this mobile version. For this guide, we will focus on the AI tools.


Use two fingers to move the photo
Erase
Camouflage
Reset
Done

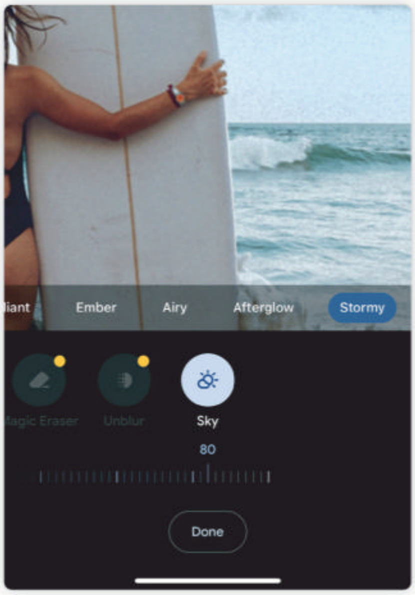
3 To start, let's look at the AI eraser tool. To open it, tap Magic Eraser. The Google Photos app will suggest objects to remove, or you can circle the object manually to erase it. Using two fingers, you can zoom and move around the image for smaller objects or finer details.



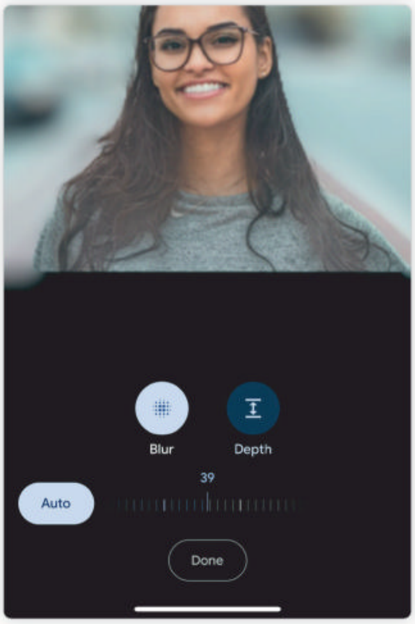
4 There is a more subtle AI tool to lessen the impact of an item in an image with the Camouflage option. Once again, circle or highlight the image you wish to disguise. Using the back and forward arrows, you can switch between a before and after image to compare. Tap Done to save the image.



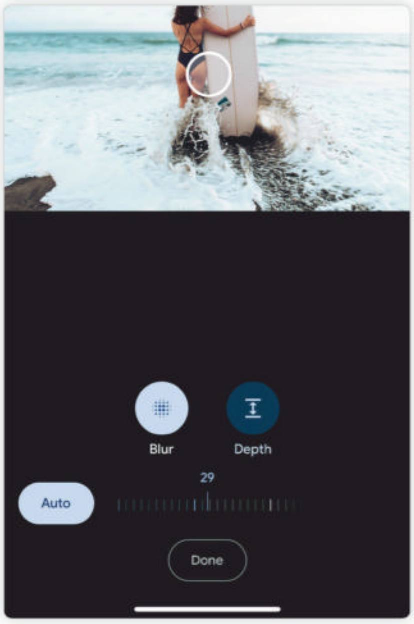
5 To use AI to improve the quality of your photography in general. By using the AI Unblur tool, you can sharpen your images. Once selected, the app will automatically select its perceived optimal setting. You can adjust the intensity of the effect using the manual slider to suit you.



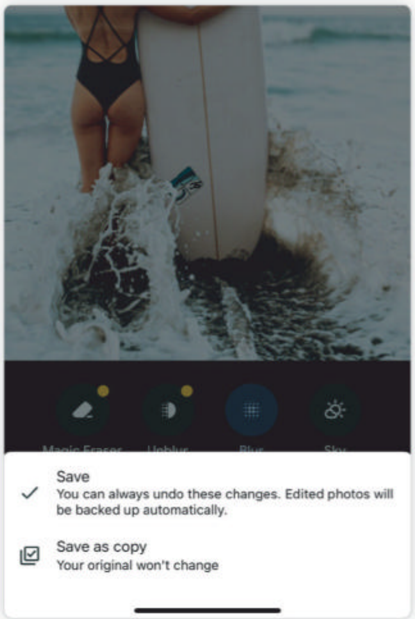
6 With a little help from AI, you can now change the weather, at least on your photographs anyway. To apply AI-Generated Sky effects, select Tools and then Sky, choose from sky enhancements like Golden Hour, Stormy, or Sunset. You can adjust intensity to make the sky really pop or tone down.



7 To give your images that fantastic portrait style central focus, by using the AI-powered Blur tool. Select your image and from the main Tools selection link, tap Blur. You can adjust the level of the background blur/depth effect using the manual slider at the bottom.



8 There are a selection of additional AI-recommended edits available from the Tools link by tapping Suggestions. From this link, you can auto-select various settings to auto-improve your images. Tap the suggestion to apply instantly, tap Cancel to remove the edit.



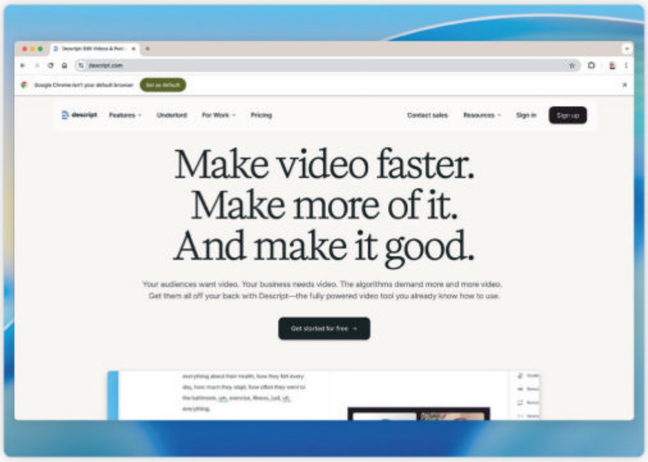
Save
You can always undo these changes. Edited photos will be backed up automatically.

Save as copy
Your original won't change

9 When you have finished editing your images, you can choose to create a duplicate or overwrite your file. Tap Save to keep the edits without affecting the original. Alternatively, you can tap the Save a Copy option if you wish to keep both versions of the file.

Descript For Video Editing

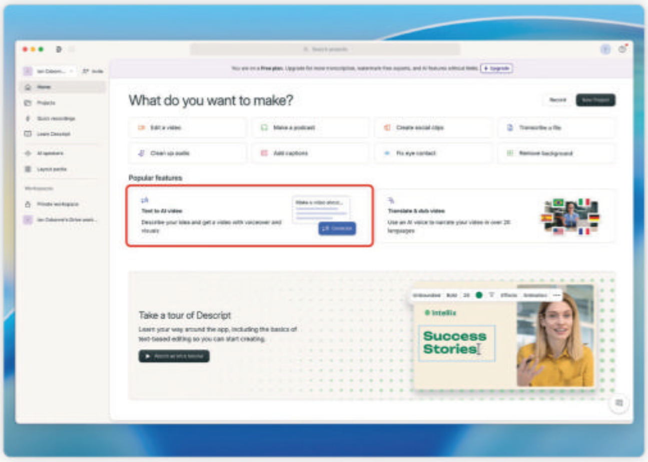
If you've no idea how to make a video, don't worry. Descript does it all for you. You can start with a pre-built layout created by video professionals, and customise it to your own requirements. Add to your videos with GIFs, B-roll, music, and images from Descript's own range, or use AI to generate something completely original for you.


Features
Underlord
For Work
Pricing
Contact sales
Resources
Sign in
Sign up
Get started for free →

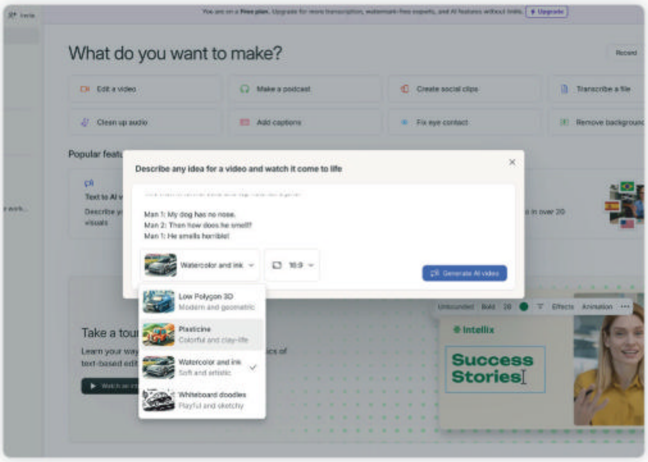
Make video faster. Make more of it. And make it good.

Your audiences want video. Your business needs video. The algorithms demand more and more video. Get them all off your back with Descript—the fully powered video tool you already know how to use.

1 Go to www.descript.com, click Get Started for Free and choose a few options. You have to choose a free or paid-for tier on the website too. When you're done, the Descript app download begins.

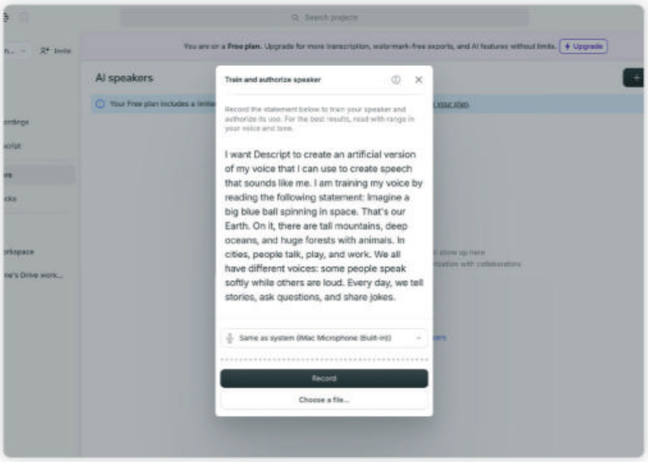

What do you want to make?
Edit a video
Make a podcast
Create social clips
Transcribe a file
Clean up audio
Add captions
Fix eye contact
Remove background
Popular features
Text to AI video
Translate & dub video
Take a tour of Descript
Success Stories

2 When you first launch the app, you're asked what it is you want to do. Let's take a look at the Text to AI video option. Click it to release a new pop-up window inviting you to describe an idea for a video.


What do you want to make?
Describe any idea for a video and watch it come to life
Watercolor and ink
16:9
Generate AI video
Low Polygon 3D
Modern and geometric
Plasticine
Colorful and clay-like
Watercolor and ink
Soft and artistic
Whiteboard doodles
Playful and sketchy

Man 1: My dog has no nose.
Man 2: Then how does he smell?
Man 1: He smells horrible!

3 Type what it is you want the video to contain. You can write a script and have it read in the video, as well as describing images. Choose a style and an aspect ratio from the menus, then click Generate AI Video.


AI speakers
Train and authorize speaker
Same as system (iMac Microphone (Built-in))
Record
Choose a file...

Record the statement below to train your speaker and authorize its use. For the best results, read with range in your voice and tone.

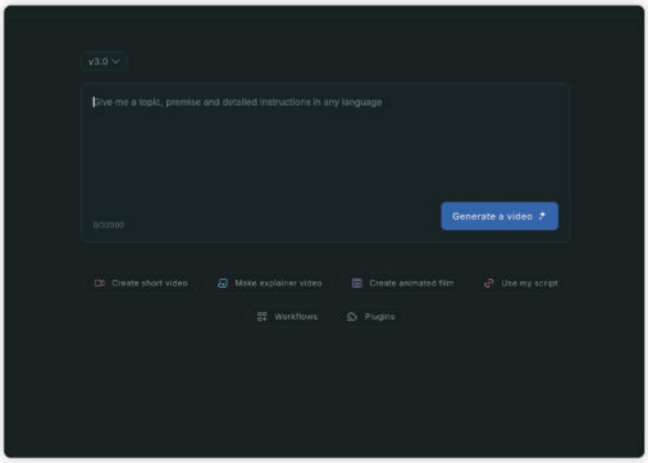
I want Descript to create an artificial version of my voice that I can use to create speech that sounds like me. I am training my voice by reading the following statement: Imagine a big blue ball spinning in space. That's our Earth. On it, there are tall mountains, deep oceans, and huge forests with animals. In cities, people talk, play, and work. We all have different voices: some people speak softly while others are loud. Every day, we tell stories, ask questions, and share jokes.

4 If you're using a script in the video, you can train an AI voice so the narrater sounds like you. All you need to do is record your voice reading a statement offered by Descript, and the app does the rest.

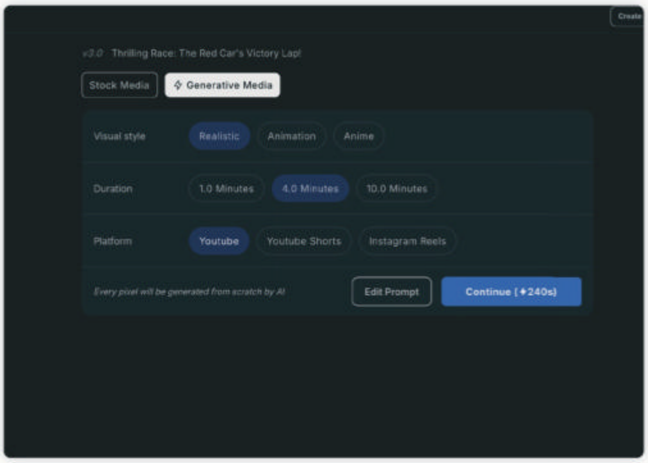
Invideo

Videos From a Script

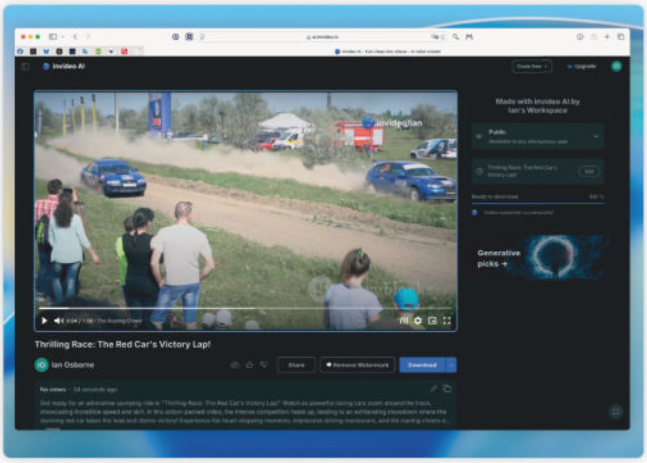
Invideo is designed to create artificial intelligence-generated videos from only text. It's available on both iOS and Android mobile devices, but here we're using its web portal on a Mac. Point your browser to www.invideo.io to follow along. Like most AI-driven services, there are several pricing tiers, the cheapest of which is free.


v3.0
Give me a topic, premise and detailed instructions in any language
0/32000
Generate a video
Create short video
Make explainer video
Create animated film
Use my script
Workflows
Plugins

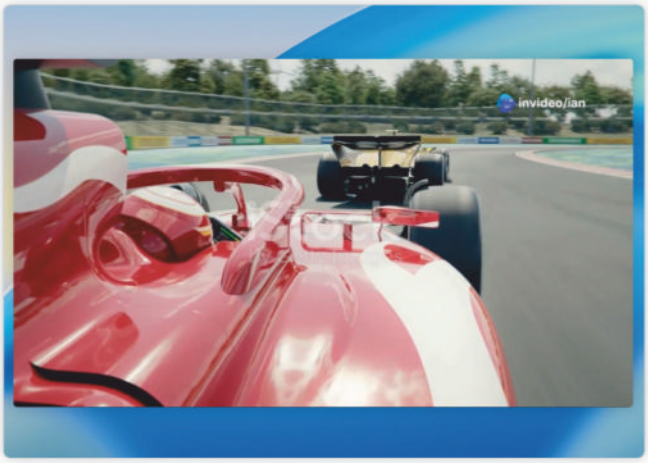
1 You can try out Invideo without paying for an account. Click the Try Invideo AI button, and then sign in with Apple or Google, or create an account. When done, type what it is you want the video to contain.


Create
v3.0 Thrilling Race: The Red Car's Victory Lap!
Stock Media
Generative Media
Visual style
Realistic
Animation
Anime
Duration
1.0 Minutes
4.0 Minutes
10.0 Minutes
Platform
Youtube
Youtube Shorts
Instagram Reels
Every pixel will be generated from scratch by AI
Edit Prompt
Continue (+240s)

2 When you're ready, click Generate a Video. After a while, you're offered some options. You can choose how the video looks (realistic, cartoony or anime), how long it is, what platform it's for and so on.


Invideo AI
invideo/ian
Thrilling Race: The Red Car's Victory Lap!
Ian Osborne
Share
Remove Watermark
Download
Generative picks

3 Continue when ready. The video generates. On a paid-for tier, it can be 100% AI generated, but if you're using the free service, stock footage is incorporated. There are watermarks if you used the free tier.


invideo/ian

4 You can download the video to your computer, but on the free tier there are limits. As well as the watermarks, you can only go to 720p resolution and there are limits to the number and length of videos.

Control Your Home_

Artificial intelligence is becoming more common in all walks of life, including the smart home. There's a wealth of AI-powered gadgets and gizmos designed to make your life easier. Look out for smart lighting, robot vacuum cleaners, home security and more. To control them you need an AI hub such as Amazon's Echo, a Google Home device or Apple HomePods. And what about your favourite TV streaming services? AI is reaching them too.

In this section

44 Welcome Home - For A Smarter Home
46 Smart Lighting - Shining A Light On AI
48 Smart Plugs - Powering Your AI
49 Streaming Music Services - Dance To Your Beat
50 Robot Vacuum Cleaners - Can't The AI Do It?
51 Home Security - Keeping Your World Safe
52 AI in TV Streaming Services - Entertainment Via AI

Welcome Home For A Smarter Home

Meet the hubs at the heart of your AI-powered smart home.

Alexa, Siri and Google Home are AI-powered. They're all designed to recognise conversational language, understanding a wide variety of accents and dialects, and parse it into instructions and queries. They're designed to learn from their past conversations too, improving the way they interact with people based on past experience. And they're growing as artificial intelligences too, with constant improvements and revisions.

Google Home

Google's smart home platform is called Google Home, and like Apple and Amazon, the company has a range of smart speakers with which you can control it. The Nest range consists of two models; Nest Audio and the smaller, cheaper, Nest Mini.

Nest Audio's woofer, tweeter, and tuning software bring you crisp vocals and a deep bass. It's 75% louder than the original Google Home, and has a 50% stronger lower audio spectrum. It adapts to your surroundings and reacts to what you're listening to, so everything sounds great, whether it's intense rock music, easy listening, radio discussions or audiobooks.

The Nest Mini also offers improved bass over its original model, this time twice as strong. Its durable fabric cover is made from recycled plastic bottles, and it features improved voice recognition.

Apple HomeKit

HomeKit is Apple's smart home platform, and as well as using Siri on your Apple devices, you can also set up a smart speaker to operate it. Apple's smart speakers are called HomePods, and there's two models on offer; the flagship HomePod model, and the smaller, cheaper HomePod mini.

As you'd expect from Apple, the HomePod is a classy, attractive, high-quality product. Also as you'd expect, it's not cheap. Its audio quality is amazing. Its powerful woofer gives it a deep, rich bass, and its bass-EQ mic dynamically tunes low frequencies in real time. It has five beam-forming tweeters too, bringing the high notes easily within reach. Perhaps its cleverest feature is that it beams the primary sound such as vocals into the middle of the room while ambient audio like the backing band is bounced off the walls, shaping the sound so you feel like the artist is in the room with you. Powered by Apple Silicon, the system sensor analyses the room and the processor uses the information to run complex tuning models, making sure you get the best audio for its location.

The HomePod mini is smaller and about a third of the size, but its performance doesn't disappoint. Available in five intense colours, it delivers a surprisingly large sound considering it's only 3.3 inches tall. It features a similar computational audio to the full-sized HomePod, and, of course, you can use either model to control your smart home with Siri. Working seamlessly with Apple devices, you can offer commands like 'Siri, add bread to the shopping list,' and your Reminders app is updated on all your Apple gear.

Amazon Alexa

In February 2025, Amazon introduced a new upgrade to Alexa. Called Alexa+, it's powered by generative AI and is more conversational, more personalised to your needs and wishes, and better placed to help you get things done.

Conversations with Amazon Alexa+ feel more natural. Instructions don't have to be clear and precise – even if you stutter or otherwise trip over your words, Alexa+ can cope. Colloquial expressions and idioms are understood too.

Alexa+ is very good at understanding your personal context. She can remember what you've bought, listened to and watched, shipping addresses and so on. You can personalise her further by asking her to remember birthdays, dietary preferences and more. An example offered by Amazon is that if you are planning a family dinner and need a restaurant recommendation, Alexa+ can remember you love pizza, your daughter is vegetarian and your partner is gluten-free.

Alexa+ is a subscription service, but free for Amazon Prime customers. Whether you have it or not, Alexa can manage your smart home. With Alexa-compatible devices, you can turn the lights on and off, operate thermostats, view cameras and more, all with straightforward voice commands. You can also use Alexa to set up routines that trigger automatically. For example, you can have the lights turn on automatically at sundown and off again at a set time. The Alexa app, and Echo models with a screen, let you view and control your smart devices, and you can group gadgets and operate them using a single command.

Alexa is mostly used through Amazon Echo smart speakers, but she's also available in screens and smart doorbells. According to Amazon, there are over 600 million Alexa devices currently in use. One of the most popular is called simply the Amazon Echo. Currently in its fourth generation, the latest Echo is spherical in design, unlike the previous models which were cylindrical. Available in Charcoal, Glacier White and Twilight Blue, the Echo benefits from premium sound making it ideal as a smart speaker.

The flagship Echo model is the Echo Studio. Its five directional speakers and automatic room adaption make it the best – albeit costliest – Echo for the audiophile.

If sound quality is less important to you – maybe because you only use your Echo gear to control your smart home, not listen to music – the Echo Dot is cheaper, but still very capable. If you want a screen on your device, there's the Echo Show range with display sizes of up to 15 inches, and for the kids there's the Echo Kids.

Obviously, all these devices allow you to control your smart home, with commands such as 'Alexa, turn on the living room lamp' and 'OK Google, read me today's news.' Artificial intelligence is becoming increasingly integrated into these services too, so they can only get better over time.

Also worth a mention here is the Matter smart home connectivity standard. Designed through a collaboration between leading smart home manufacturers, a Matter-compatible smart home device can be used with any of the smart controllers discussed here.

Smart Lighting Shining A Light On AI

Make your world smarter as well as lighter

Smart lighting devices are able to communicate with other devices, allowing you to control them remotely. This might be as simple as having a mobile phone app that lets you turn them on and off, but it's lighting that can be voice-operated using smart home tech like Amazon Alexa, Apple HomeKit and Google Home we're interested in here.

Tapo Smart Bulb

www.tapo.com

£23.99, $24.99, 19,90 €

tapo
Smart Wi-Fi Light Bulb, Multicolor
60
806
tapo

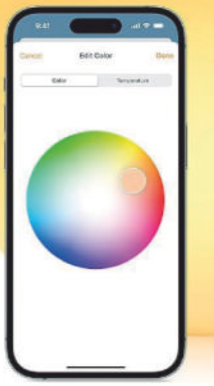
Available in bayonet or screw-in fitting, these smart bulbs work with Alexa and Google Home, and let you change the colour and temperature of your lighting. There's 16,000,000 hues to choose from.

Eve Flare Lamp

www.evehome.com

£89.95, $99.95, €98.53

You can control this rechargeable indoor or outdoor LED lamp using an iOS app or Apple Home. It's also Thread compatible, and Matter compatibility is coming soon. Use it anywhere in the home or garden.



Nanoleaf Blocks Combo XL Starter Kit

www.nanoleaf.me

£179.99, $199.99, 199,99 €

Maximise desk space and stay clear of clutter with space-saving Shelves and Light Pegboards all while letting your items shine!

Govee Curtain Lights

www.govee.com

£149.99, $155.99, 129,99 €

With 520 teardrop shaped light balls, these luscious lights let you add pictures and lighting effects to your curtains. They can be voice controlled with Google Home and Amazon Alexa.

Govee
Govee Curtain Lights 2
520 LED
matter

WiZ Smart Colour & White Candle Light Bulb

www.wizconnected.com

£12.61, $14.99, 15,99 €

What a great way to modernise your lighting. These candle-shaped bulbs come in a range of fittings, offer 16 million colours and are Matter compatible for smart control.

WiZ
SMART BULB
AMPOULE INTELLIGENTE
355
40 W
Hello, Zoey
Rooms
Living room
Dining room
Master bedroom
Max's room
Hallway

Matter Smart Multicolor Floor Lamp

www.nanoleaf.me

£69.99, $119.99, 79,99 €

This multicoloured floor lamp includes ten curated lighting scenes and over 16 million colours. It reacts to ambient sounds such as music, and is Matter compatible.

Eve Light Strip

www.evehome.com

£74.95, $79.95, 79,95 €

It's iOS and HomeKit compatible, two metres long and it can be extended up to ten metres with optional extras. 1800 lumens of pure eye candy.

13:25
Cancel
Colour
Done
Colour
Temperature

Govee Outdoor Flood Lights

www.govee.com

£109.99, $119.99, 139,99 €

If you want to brighten up your garden, try these Matter-compatible floodlights. They're bright, colourful and waterproof, and they can cast custom effects during occasions such as Christmas and Halloween.

Govee
Govee Outdoor Flood Lights 2
4 Pcs
20000H
matter
Google Home

Smart Plugs Powering Your AI

Bring smart control to any electrical appliance that plugs into the mains

A smart plug sits between your home electrical device and the mains power; plug it into the mains socket, and then plug your device into the smart plug. You can then set up routines so the plug activates and turns off according to a schedule or with triggers, or simply tell your smart home controller to turn it on or off.

Tapo P110 Smart Plug (4-Pack)

www.tapo.com

£47.99, $33.99, 69,99 €

Compatible with Alexa, Google Home and a smart app, these handy plugs can turn on and off according to a schedule or by a countdown timer. Their Away Mode can turn a light on or off at irregular times to make it look like someone is always home.

Amazon Basics Single Outlet

www.amazon.com

£11.99, $10.99, 12,99 €

Not a versatile smart plug (it only works with Alexa and its mobile app), but it's available at a very affordable price. Features scheduled activation, voice commands and a lot more too.

EIGHTREE Matter Smart Plug with Energy Monitoring (4-Pack)

www.eightreesmart.com

£40.99, $39.99, 45,99 €

If you're concerned an appliance is costing you too much in electricity, these smart plugs are a great way of keeping an eye on it. They're Matter-certified, and have their own smartphone apps too.

UseeLink Matter Smart Power Strip with Surge Protector

www.uselink.com.tw

£36.99, $34.99, 44,99 €

This Matter-compatible device gives you four smart sockets in one. You can set timers and schedules, it gives short circuit and overload protection and it boasts a 3000W 13A power capacity.

All plugs listed here are available in UK, US and Euro formats.

Streaming Music Services Dance To Your Beat

Your smart speaker can also stream tunes from a range of services

Your Nest, HomePod or Echo can do more than control your smart home. By linking it to your music streaming service of choice, you can also use it to listen to tunes using commands such as 'Hey Siri, play some Sixties music,' 'Alexa, play Motörhead' or 'OK Google, play We Can't Be Friends by Ariana Grande.'

Apple Music

www.apple.com

£10.99, $10.99, 10,99 € per month

With Apple Music you can choose from a huge library of 100 million tracks. It's fine for Alexa and Google Nest devices as well as HomePods. You get a month free when you subscribe, but there's no free demo or trial tier.

Spotify

open.spotify.com

Free or £11.99, $11.99, 10,99 € per month

The daddy of all music streaming services, Spotify has a wide range of tracks, great podcast support and a good selection of price plans (prices listed above are for one person).

Amazon Music

www.amazon.com

Free or £11.99, $11.99, 10,99 € per month

This one has an ad-supported free tier and a 90-day free trial if you want to take out a subscription. It integrates well with Amazon devices, but can be played on a Google Nest, or on a HomePod by AirPlaying it from your iPhone or iPad.

Deezer

www.deezer.com

£47.99, $33.99, 69,99 € per month

The feature that sets Deezer apart from the crowd is you can upload your own MP3s to your account, and enjoy them through your streaming service. It has a free tier for trial purposes, but it's limited to 30 seconds of each track.

Idagio

www.idagio.com

£9.99 $9.99, 9.99 € per month

Idagio is arguably the best streaming service for classical music. You can link a Idagio account with your Google account to use it on your Nest, but it's not yet integrated with Alexa, and to use it on a HomePod, you have to use AirPlay from an Apple device.

Tidal

www.tidal.com

£10.99, $10.99, 10,99 € per month

If you're really serious about your music, Tidal includes hi-res audio streaming, a great range of videos and music-focussed articles and podcasts. Doesn't directly integrate with Google Nest.

Robot Vacuum Cleaners Can’t The AI Do It?

Because who wouldn’t want an AI-powered robot to sweep the floors?

eufy Omni C20, Robot Vacuum Cleaner with Mop

www.eufy.com

£599, $699.99, 599 €

This clever little robot offers fully automated cleaning, with auto emptying, washing and drying. It has powerful suction for carpets and a handy mop for hard floors.

DREAME X50 Ultra Complete Robot Vacuum with Mop

global.dreametech.com

£1,299, $1,699.99, 1,389 €

It’s not cheap, but this is a quality vacuum cleaner. Its retractable robot legs can overcome obstacles, and its height lowers so it can clean under the sofa.

Lefant M210P Robot Vacuum Cleaner

www.lefant.com

£239.99, $209.99, 179,95 €

This self-charging vacuum features Alexa voice control, and is perfect for pet hair. It’s only 28cm in diameter, and it has an anti-collision infra-red sensor.

Shark PowerDetect 2-in-1 Robot Vacuum & Mop

sharkclean.co.uk

£699.99, $645, 699,99 €

A feature-packed vacuum with a self-draining base station, self-cleaning mop pad, water tank with automatic refill, dirt detection, 3D 360° LiDAR vision mapping, app control and more.

UBPET 22000 Pa Suction Robot Vacuum Cleaner for Pet Hair

ubpet.ubtrobot.com

£349.99, $499.99, 349,99 €

If you have dogs or cats in the house, this is the robot vacuum cleaner for you. It’s perfect for pet hair, and it features intelligent navigation with LiDAR technology.

HONITURE Robot Vacuum Cleaner with Mop

honiture.com

£199, $199.18, 199,99 €

With a suction power of 4500 PA, this robot vacuum cleaner has a performance that belies its price. You can control it with an app or Alexa, and it’s great for getting into tight spaces.

Home Security Keeping Your World Safe

Keeping your home safe and sound

Google Nest Doorbell, 2nd Gen

store.google.com

£168.60, $179.99, 197,43 €

Doorbells with video cameras are nothing new, but this one uses artificial intelligence to distinguish between humans at your door and other movement.

Eve Motion Wireless Motion Sensor

www.evehome.com

£44.95, $48.54, 49,95 €

With IPX3 water resistance, you can use this Matter-enabled motion detector indoors or out. Integrate into your smart home and you can have it turn the lights on as soon as you arrive home too.

Ultion Nuki

www.ultion-lock.co.uk

£255, 269 €

A smart door lock with Wi-Fi and Matter for remote access. You can assign up to 200 individual access authorisations, each with their own rules.

Eve Door & Window

www.evehome.com

£34.95, $67.91, 37,30 €

Use Alexa or an app to check at a glance whether your door or window is open. It's Matter enabled, so it's easy to integrate into your smart home, whichever platform you prefer.

Ring Outdoor Camera Plug-In

en-uk.ring.com

£79.99, $59.99, 79,99 €

Ring cameras incorporate AI for features such as object recognition, smart notifications, and AI-powered video search. They're fairly cheap too, but video recording requires a subscription.

AI in TV Streaming Services Entertainment Via AI

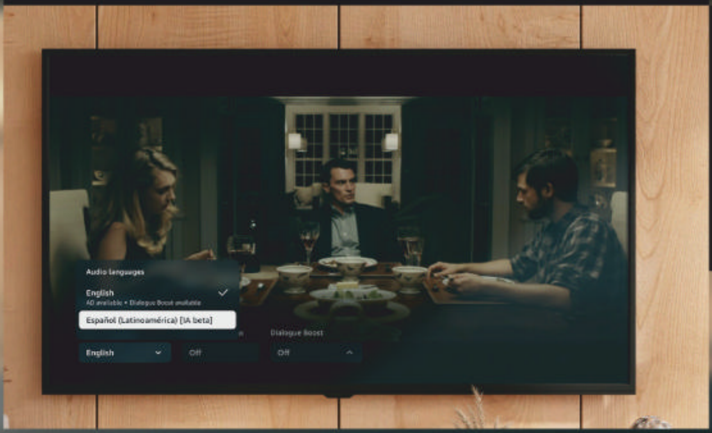
How will artificial intelligence affect the way you watch TV?

Television streaming services such as Netflix, Disney+ and Amazon Prime have long been famous for their algorithms that analyse what you've already watched and use this information to suggest other shows you might enjoy. But these algorithms are being revolutionised with artificial intelligence.

Amazon Prime Video

Artificial intelligence takes curated viewing suggestions to the next level. As well as basing suggestions on what you've previously watched, Amazon Prime Video ascertains what parts of a show viewers overall liked the most, and uses this information when producing new content. Starting from early 2025, Amazon began using artificial intelligence to translate content into different languages, allowing people to enjoy shows recorded in languages they don't natively speak. The initial batch of translations covered English and Latin American Spanish in shows such as El Cid: La Leyenda, Mi Mamá Lora, and Long Lost, and more will surely follow.

An AI feature adopted by Amazon which will surely be taken up by other streaming services is using the power of machine learning to improve streaming quality. Lip-syncing issues can be identified and erased, as can frame rate problems and audio distortion. Making Prime Video a must.


Audio languages
English
AD available • Dialogue Boost available
Español (Latinoamérica) [IA beta]
Dialogue Boost
English
Off
Off

Amazon is to begin to use artificial intelligence to dub a foreign-language film into your chosen tongue.

Netflix

Much of Netflix' use of artificial intelligence is in personalising viewing recommendations, and analysing user data to create personalised marketing, bringing the shows you're most likely to want to watch to your attention. But even before shows are made, AI is utilised in choosing scripts to develop. Successful shows are analysed, and the information is used to predict trends in viewer habits and future trends. The company is also currently testing an AI-powered search engine, further improving results. According to CEO Gregg Peters, "There is more room to improve the discovery and recommendation experience, and therefore provide more value for members, and therefore find the biggest audiences for our titles."

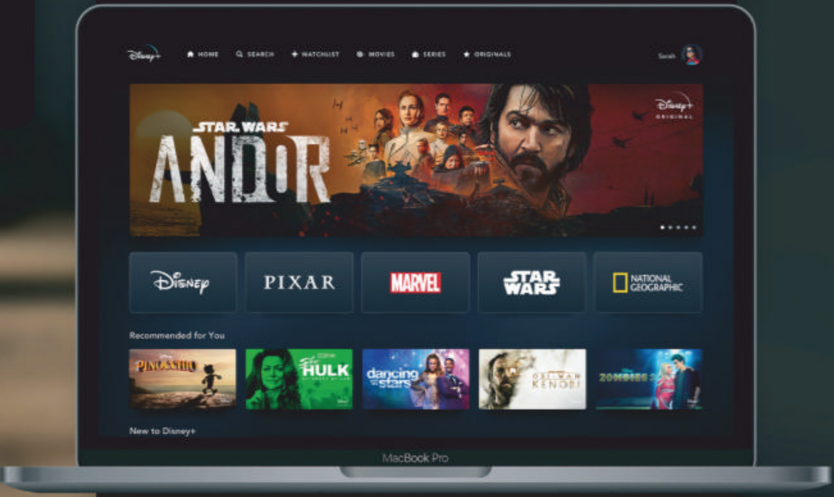
Netflix is integrating artificial intelligence throughout its services.

Disney+

Given its child-friendly image and family-oriented output, it's no surprise Disney+ is using artificial intelligence in its parental controls. AI tools offer suggestions of what to watch for children, but ensure compliance with parental settings. The company is also using AI to power dynamic user profiles. For example, if a viewer primarily watches Star Wars and Marvel content, but then develops an interest in historical dramas, the algorithm adapts to accommodate these new interests without losing sight of what they preferred before.

One way in which AI is being used to improve audience engagement is through Natural Language Processing (NLP). This is being used to tag existing content in Disney's library, analysing each show for content, language and tone. Again, this information is used to pair up the viewers with shows they might like to watch. Collaborative filtering takes things even further, by comparing your viewing habits to those of other users, and recommending shows watched by people with similar tastes to yourself. At user level, of course, all this is invisible; you just see recommendations, as usual. But under the hood, much work is being done to ensure those recommendations are right for you.

And this is just the beginning. Over time, expect all your favourite streaming services to improve thanks to the power of artificial intelligence and machine learning.



Disney+ uses artificial intelligence to recommend shows while making sure these recommendations are compliant with parental controls.

Roam around

Organise Your Life_

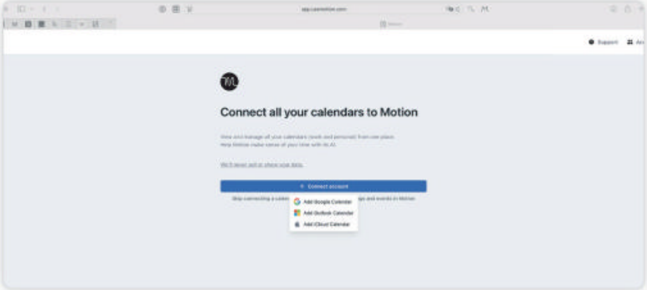
How can AI help you organise? Planning your day-to-day schedules is much easier with artificial intelligence. In meetings, you can use AI to make a transcript of your discussions, and summarise them so you don't have to read it all to get a recap. There's some great AI platforms for planning a trip, taking the tedium out of tourism, and you can use artificial intelligence to make schedules for entire teams too.

In this section

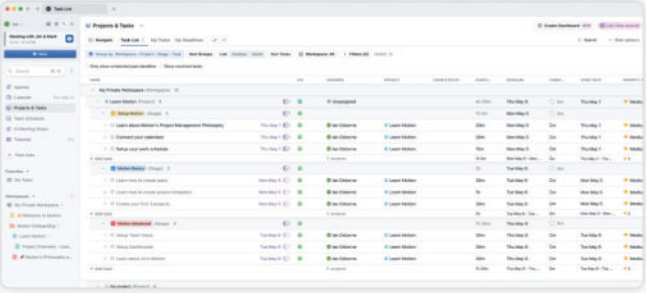
56 Motion - AI Task Scheduler
57 Otter.ai - For AI Meeting Notes
58 DishGen - AI Recipe Generator
59 Amio.io - AI For eCommerce
60 Roam Around - Plan Your Next Trip
61 Curiosio - Making Travel Easier
62 Monday.com - An AI Work Platform

Motion
AI Task Scheduler

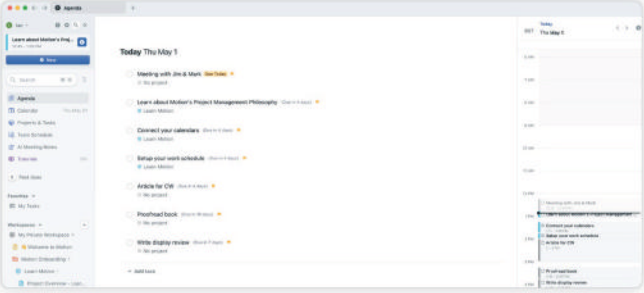
Are you looking for a new sort of task planner? Motion is AI-powered, available for teams or individuals and free for a seven-day trial.


Connect all your calendars to Motion
Connect account
Add Google Calendar
Add Outlook Calendar
Add iCloud Calendar

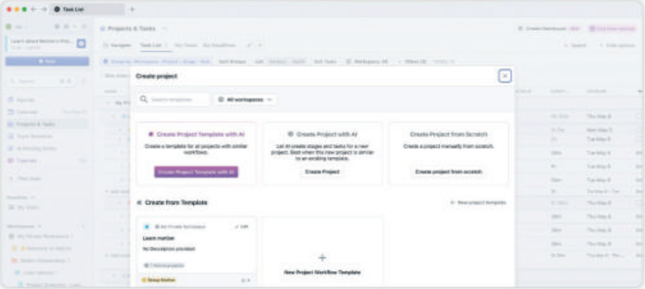
1 Motion is accessed through a web browser, but there's an app for Macs and Windows. During setup, you should connect your Motion account with via your system's Calendar app.



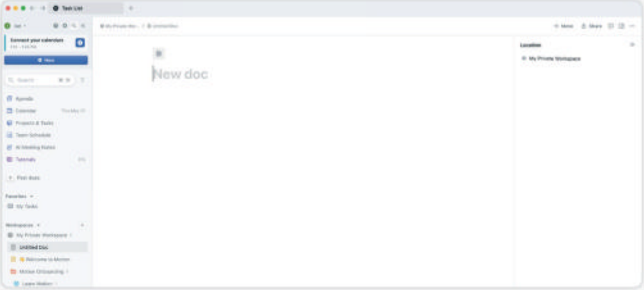
2 Enter your daily tasks, meetings, to-dos and projects into the Motion app (or web portal, if you prefer) and Motion sorts them into groups, adding events and appointments from your linked calendars.


Today Thu May 1

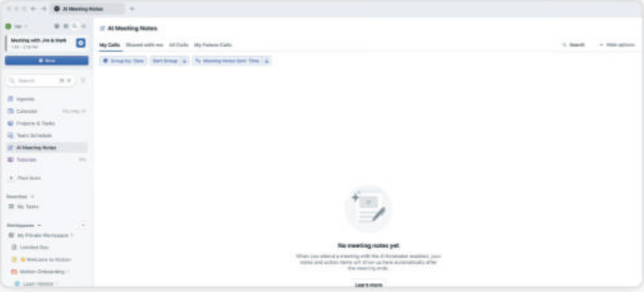
3 The app uses artificial intelligence to assign content you've edited and details taken from your calendar a priority, based on due date and other factors. It's all done automatically through Motion.


Create project
Create from Template

4 Click the New button to start a new Task, Doc, Project or Meeting. If you describe what you're trying to do in a project, Motion's AI can break it down into a listing of seperate tasks for you.



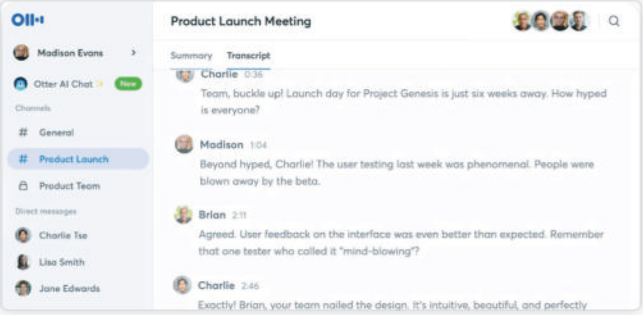
5 Write a brainstorming document in Motion – or copy and paste the text from one you wrote earlier – and Motion's artificial intelligence turns it into a listings of achievable tasks.


AI Meeting Notes
No meeting notes yet

6 Attend a meeting with the AI Notetaker enabled and your notes and action items show up in Motion after the meeting ends. It can even incorporate any of your personal notes that were taken.

Otter.ai For AI Meeting Notes

Another artificial intelligence-driven app that's available on the web and as an app is Otter.ai. It's great for making automatic meeting notes.


Madison Evans
Otter AI Chat
New
Channels
# General
# Product Launch
Product Team
Direct messages
Charlie Tse
Lisa Smith
Jane Edwards
Summary
Transcript

Product Launch Meeting

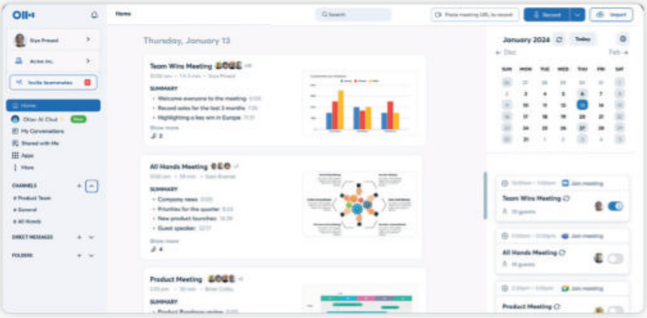
Charlie 0:36
Team, buckle up! Launch day for Project Genesis is just six weeks away. How hyped is everyone?

Madison 1:04
Beyond hyped, Charlie! The user testing last week was phenomenal. People were blown away by the beta.

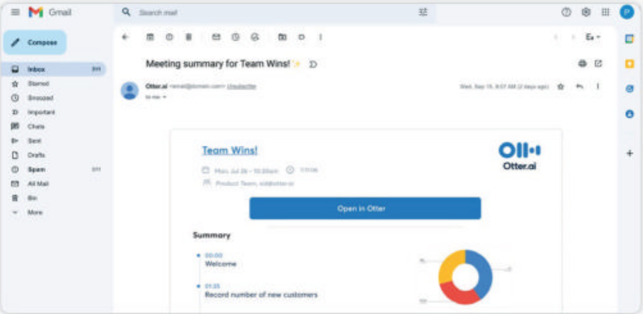
Brian 2:11
Agreed. User feedback on the interface was even better than expected. Remember that one tester who called it "mind-blowing"?

Charlie 2:46
Exactly! Brian, your team nailed the design. It's intuitive, beautiful, and perfectly

1 Otter.ai takes automated meeting notes which have been generated by apps such as Zoom, Google Meet, Microsoft Teams and more. It records audio and transcribes it to text.


Home
Thursday, January 13
Team Wins Meeting
SUMMARY
All Hands Meeting
SUMMARY
Product Meeting
SUMMARY
January 2024
Today

2 Meeting notes are summarised, so you can get the gist of what was said. If you want to listen to a part of it, you can search the text rather than having to scrub through the whole audio file.


Gmail
Compose
Inbox
Starred
Snoozed
Important
Chats
Sent
Drafts
Spam
All Mail
Bin
More
Otter.ai
Open in Otter

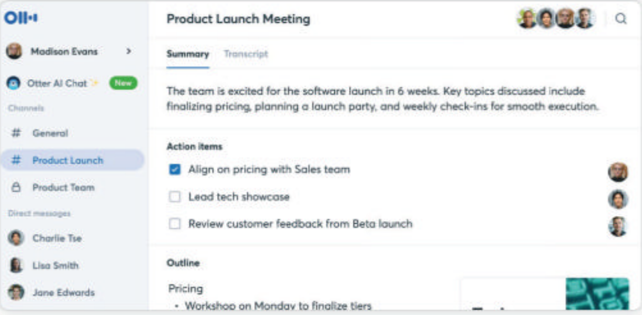
Meeting summary for Team Wins!

Team Wins!

Summary

- 00:00
  Welcome
- 01:35
  Record number of new customers

3 You can have Otter.ai summarise a meeting in an email, and send it out to the people who were in the meeting. It's much easier than doing it by hand.


Madison Evans
Otter AI Chat
New
Channels
# General
# Product Launch
Product Team
Direct messages
Charlie Tse
Lisa Smith
Jane Edwards
Summary
Transcript

Product Launch Meeting

The team is excited for the software launch in 6 weeks. Key topics discussed include finalizing pricing, planning a launch party, and weekly check-ins for smooth execution.

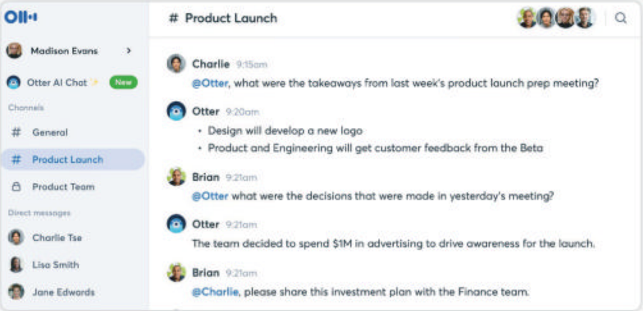
Action items

☑ Align on pricing with Sales team
☐ Lead tech showcase
☐ Review customer feedback from Beta launch

Outline

Pricing
- Workshop on Monday to finalize tiers

4 Not only are meetings transcribed for later reading, but Otter.ai also produces a list of Action Items, that is, tasks that must be undertaken, as identified in the meeting.


Madison Evans
Otter AI Chat
New
Channels
# General
# Product Launch
Product Team
Direct messages
Charlie Tse
Lisa Smith
Jane Edwards

Product Launch

Charlie 9:15am
@Otter, what were the takeaways from last week's product launch prep meeting?

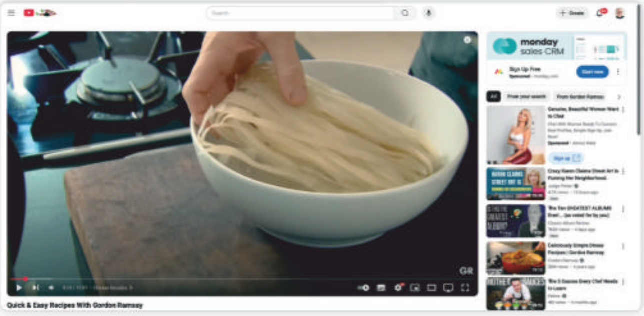
Otter 9:20am
- Design will develop a new logo
- Product and Engineering will get customer feedback from the Beta

Brian 9:21am
@Otter what were the decisions that were made in yesterday's meeting?

Otter 9:21am
The team decided to spend $1M in advertising to drive awareness for the launch.

Brian 9:21am
@Charlie, please share this investment plan with the Finance team.

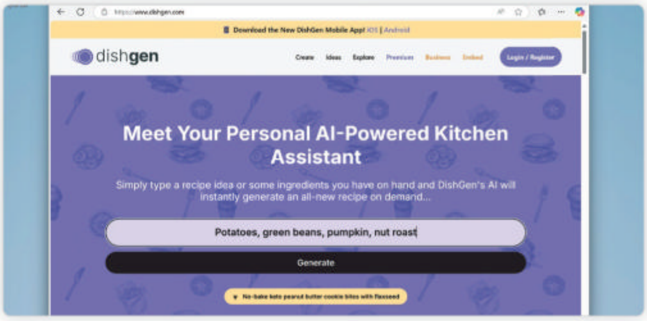
5 If you need a recap, you can interrogate Otter.ai, asking questions about what went on in the meeting and getting answers generated from the transcript using AI.


monday sales CRM
Quick & Easy Recipes With Gordon Ramsay

6 You can even transcribe a YouTube video by playing it in one web browser tab, and using Otter.ai in another. Otter.ai transcribes the video soundtrack automatically.

DishGen AI Recipe Generator

Let artificial intelligence design recipes around whatever you have in the kitchen.

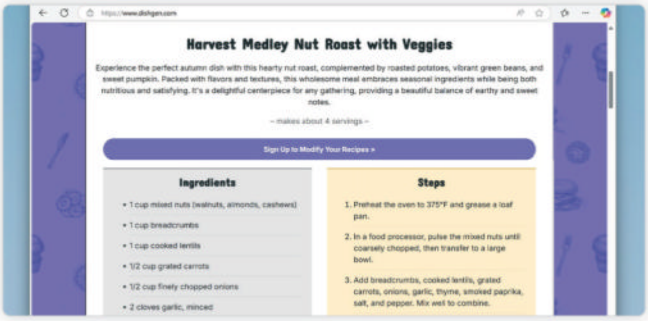

https://www.dishgen.com
Download the New DishGen Mobile App! iOS | Android
dishgen
Create
Ideas
Explore
Premium
Business
Embed
Login / Register
Generate
No-bake keto peanut butter cookie bites with flaxseed

Meet Your Personal AI-Powered Kitchen Assistant

Simply type a recipe idea or some ingredients you have on hand and DishGen's AI will instantly generate an all-new recipe on demand...

Potatoes, green beans, pumpkin, nut roast

1 DishGen is easy to use. In the text field, type in the ingredients you want to use for your recipe. Then click the Generate button, and let the AI do its work.


https://www.dishgen.com
Sign Up to Modify Your Recipes »

Harvest Medley Nut Roast with Veggies

Experience the perfect autumn dish with this hearty nut roast, complemented by roasted potatoes, vibrant green beans, and sweet pumpkin. Packed with flavors and textures, this wholesome meal embraces seasonal ingredients while being both nutritious and satisfying. It's a delightful centerpiece for any gathering, providing a beautiful balance of earthy and sweet notes.

– makes about 4 servings –

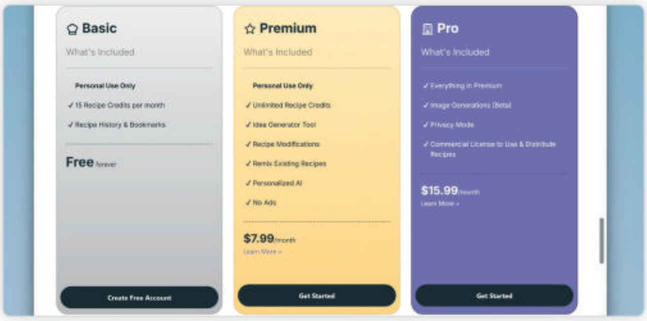
Ingredients

- 1 cup mixed nuts (walnuts, almonds, cashews)
- 1 cup breadcrumbs
- 1 cup cooked lentils
- 1/2 cup grated carrots
- 1/2 cup finely chopped onions
- 2 cloves garlic, minced

Steps

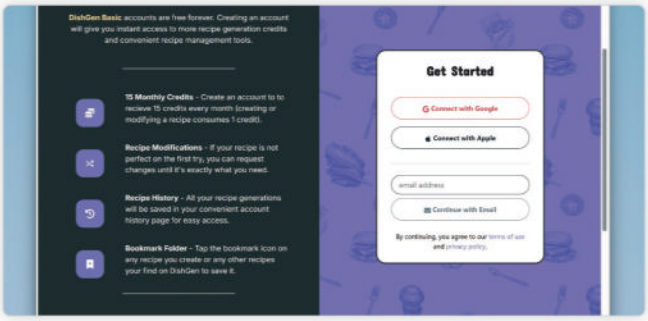
1. Preheat the oven to 375°F and grease a loaf pan.
2. In a food processor, pulse the mixed nuts until coarsely chopped, then transfer to a large bowl.
3. Add breadcrumbs, cooked lentils, grated carrots, onions, garlic, thyme, smoked paprika, salt, and pepper. Mix well to combine.

2 When DishGen has finished thinking, scroll up and see a recipe that's been produced for you. You get three demo recipes before you need an account.


Create Free Account
Get Started
Get Started
Learn More »
Learn More »

Basic	Premium	Pro
What's Included	What's Included	What's Included
Personal Use Only	Personal Use Only	✓ Everything in Premium
✓ 15 Recipe Credits per month	✓ Unlimited Recipe Credits	✓ Image Generations (Beta)
✓ Recipe History & Bookmarks	✓ Idea Generator Tool	✓ Privacy Mode
	✓ Recipe Modifications	✓ Commercial License to Use & Distribute Recipes
	✓ Remix Existing Recipes	
	✓ Personalized AI	
	✓ No Ads	
Free forever	$7.99/month	$15.99/month

3 There are three tiers of account to choose from. Basic is free, Premium is £7.99/$7.99 a month and Pro is £15.99/$15.99 a month. Chose one and click its button to start.


Get Started
Connect with Google
Connect with Apple
email address
Continue with Email

DishGen Basic accounts are free forever. Creating an account will give you instant access to more recipe generation credits and convenient recipe management tools.

15 Monthly Credits - Create an account to to recieve 15 credits every month (creating or modifying a recipe consumes 1 credit).

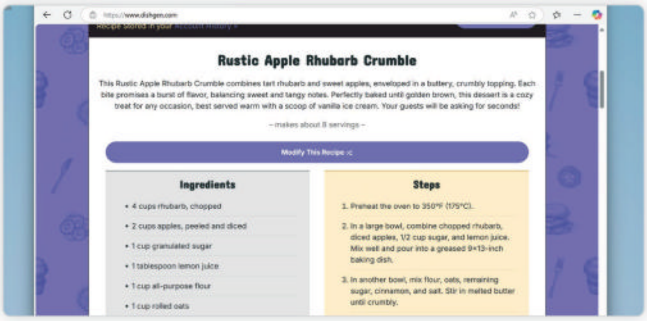
Recipe Modifications - If your recipe is not perfect on the first try, you can request changes until it's exactly what you need.

Recipe History - All your recipe generations will be saved in your convenient account history page for easy access.

Bookmark Folder - Tap the bookmark icon on any recipe you create or any other recipes your find on DishGen to save it.

By continuing, you agree to our terms of use and privacy policy.

4 We're creating a free account here, which gives us 15 credits a month for free (creating or modifying a recipe costs one credit). Follow the on-screen instructions to register your unique user account.


https://www.dishgen.com
Modify This Recipe ✂

Rustic Apple Rhubarb Crumble

This Rustic Apple Rhubarb Crumble combines tart rhubarb and sweet apples, enveloped in a buttery, crumbly topping. Each bite promises a burst of flavor, balancing sweet and tangy notes. Perfectly baked until golden brown, this dessert is a cozy treat for any occasion, best served warm with a scoop of vanilla ice cream. Your guests will be asking for seconds!

– makes about 8 servings –

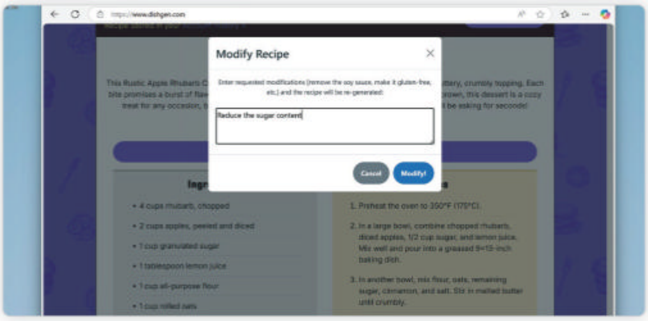
Ingredients

- 4 cups rhubarb, chopped
- 2 cups apples, peeled and diced
- 1 cup granulated sugar
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 cup rolled oats

Steps

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine chopped rhubarb, diced apples, 1/2 cup sugar, and lemon juice. Mix well and pour into a greased 9×13-inch baking dish.
3. In another bowl, mix flour, oats, remaining sugar, cinnamon, and salt. Stir in melted butter until crumbly.

5 Now you have an account, if you want to modify a recipe after DishGen's AI has produced it, you can, though it costs another credit. Click Modify This Recipe.


https://www.dishgen.com
Modify Recipe
×
Cancel
Modify!

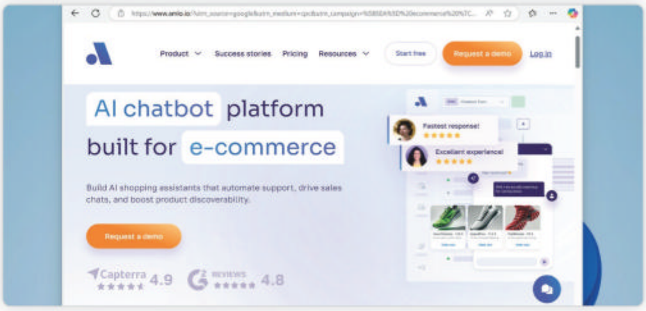
Enter requested modifications (remove the soy sauce, make it gluten-free, etc.) and the recipe will be re-generated:

Reduce the sugar content

6 In the window that pops up, tell DishGen how it is you want to modify the recipe, then click the Modify! button. A new version of the recipe is produced.

Amio.io AI For eCommerce

If you have an e-commerce website, Amio.io can add an AI-powered chatbot to help your customers find what they want.

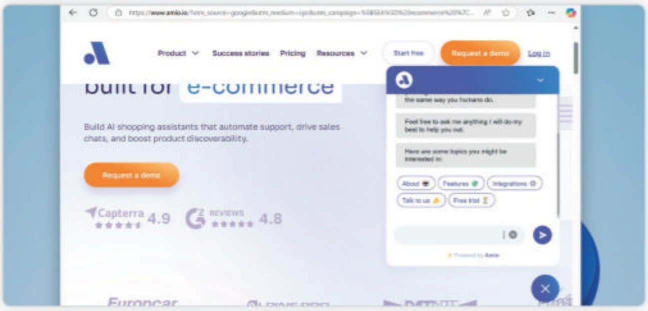


AI chatbot platform built for e-commerce

Build AI shopping assistants that automate support, drive sales chats, and boost product discoverability.

Product
Success stories
Pricing
Resources
Start free
Request a demo
Log in
Fastest response!
Excellent experience!
Request a demo
Capterra 4.9
REVIEWS 4.8

1 Point your browser at www.amio.io. Amio is a chatbot designed for use on e-commerce sites, to interact with your customers and boost product discoverability.



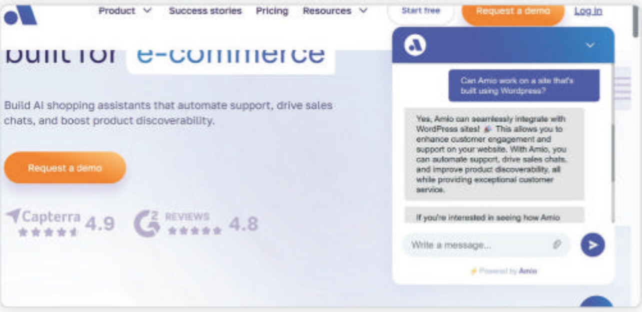
Build AI shopping assistants that automate support, drive sales chats, and boost product discoverability.

Feel free to ask me anything I will do my best to help you out.

Here are some topics you might be interested in:

built for e-commerce
Request a demo
Capterra 4.9
REVIEWS 4.8
About
Features
Integrations
Talk to us
Free trial
Powered by Amio

2 To get an idea what a chatbot can do, click the button with the two speech bubbles in the bottom-right corner. A window appears, in which you can ask questions.



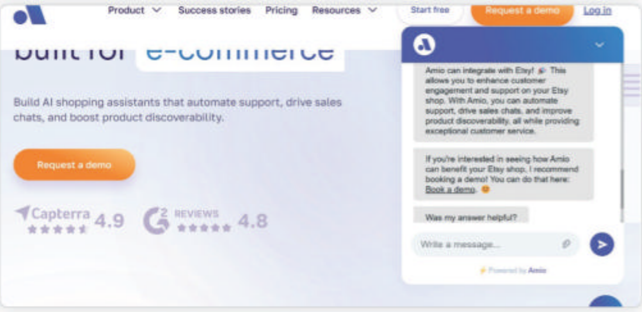
Can Amio work on a site that's built using Wordpress?

Yes, Amio can seamlessly integrate with WordPress sites! 🎉 This allows you to enhance customer engagement and support on your website. With Amio, you can automate support, drive sales chats, and improve product discoverability, all while providing exceptional customer service.

If you're interested in seeing how Amio

Product
Success stories
Pricing
Resources
Start free
Request a demo
Log in
built for e-commerce
Build AI shopping assistants that automate support, drive sales chats, and boost product discoverability.
Request a demo
Capterra 4.9
REVIEWS 4.8
Write a message...
Powered by Amio

3 Ask Amio questions about its services and features, and the chatbot answers them. It doesn't take long, and the answers are curated with the bot's artificial intelligence.



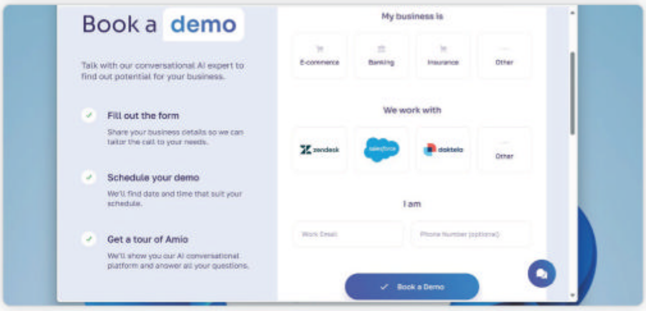
Amio can integrate with Etsy! 🎉 This allows you to enhance customer engagement and support on your Etsy shop. With Amio, you can automate support, drive sales chats, and improve product discoverability, all while providing exceptional customer service.

If you're interested in seeing how Amio can benefit your Etsy shop, I recommend booking a demo! You can do that here: Book a demo. 😊

Was my answer helpful?

Product
Success stories
Pricing
Resources
Start free
Request a demo
Log in
built for e-commerce
Build AI shopping assistants that automate support, drive sales chats, and boost product discoverability.
Request a demo
Capterra 4.9
REVIEWS 4.8
Write a message...
Powered by Amio

4 You can ask follow-up questions too, just as if the chatbot was a human being and is very well intergrated. Here we asked if you could use Amio with Wordpress, and followed with 'What about Etsy?'.



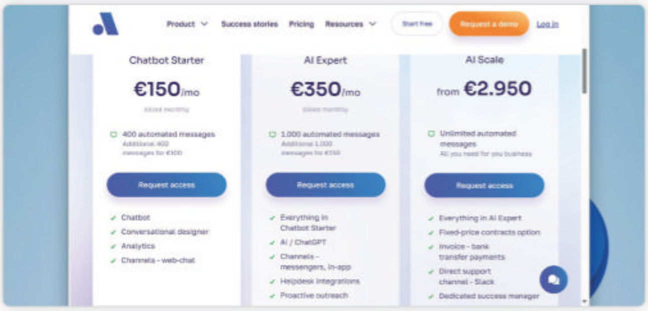
Book a demo

Talk with our conversational AI expert to find out potential for your business.

- Fill out the form
  Share your business details so we can tailor the call to your needs.
- Schedule your demo
  We'll find date and time that suit your schedule.
- Get a tour of Amio
  We'll show you our AI conversational platform and answer all your questions.

My business is
E-commerce
Banking
Insurance
Other
We work with
zendesk
salesforce
daktela
Other
I am
Work Email
Phone Number (optional)
Book a Demo

5 If you're interested in taking things further, click the Book a Demo button and enter details about your e-commerce business. You can schedule a time for your demo with one of their sales people.



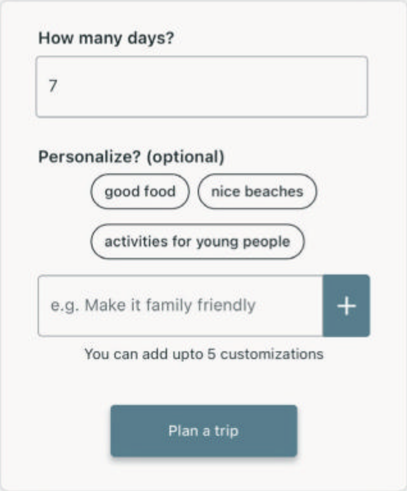
Chatbot Starter	AI Expert	AI Scale
€150/mo	€350/mo	from €2.950
400 automated messages	1.000 automated messages	Unlimited automated messages
Request access	Request access	Request access
Chatbot Conversational designer Analytics Channels - web-chat	Everything in Chatbot Starter AI / ChatGPT Channels - messengers, in-app Helpdesk integrations Proactive outreach	Everything in AI Expert Fixed-price contracts option Invoice - bank transfer payments Direct support channel - Slack Dedicated success manager

Product
Success stories
Pricing
Resources
Start free
Request a demo
Log in

6 Amio has three subscription tiers. None are free, but if they bring revenue to your e-commerce business, you might find integrating an Amio chatbot is worth the money or at least worth a try.

Roam Around
Plan Your Next Trip

Described as 'the ultimate AI travel planner,' Roam Around is available on Apple and Android devices, or at https://roamaround.app.



How many days?

7

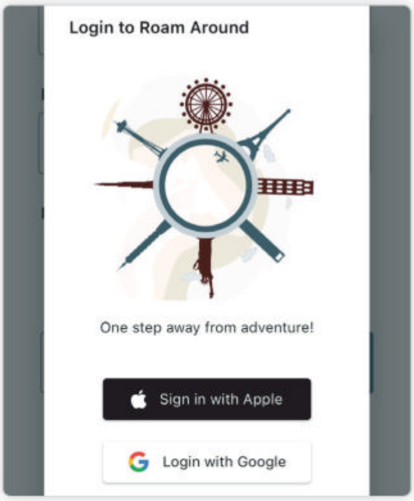
Personalize? (optional)

good food
nice beaches
activities for young people
e.g. Make it family friendly
+

You can add upto 5 customizations

Plan a trip

1 Roam Around is easy to use. Open the app, and enter a destination, the number of days you want to spend and some personalisation ideas for the trip.

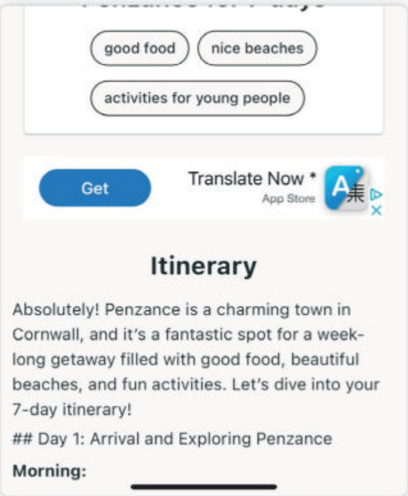


Login to Roam Around

One step away from adventure!

Sign in with Apple
Login with Google

2 Tap the Plan a Trip button. As this is the first time you used the app, you have to log in. Follow the on-screen instructions to make and set up a new account.



good food
nice beaches
activities for young people
Get
Translate Now *
App Store

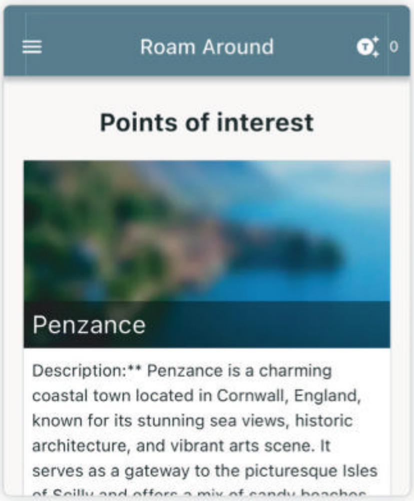
Itinerary

Absolutely! Penzance is a charming town in Cornwall, and it's a fantastic spot for a week-long getaway filled with good food, beautiful beaches, and fun activities. Let's dive into your 7-day itinerary!

Day 1: Arrival and Exploring Penzance

Morning:

3 You're given an itinerary, offering a schedule created by the Plan a Trip artificial intelligence. Things to see and do are offered for every day of your trip.



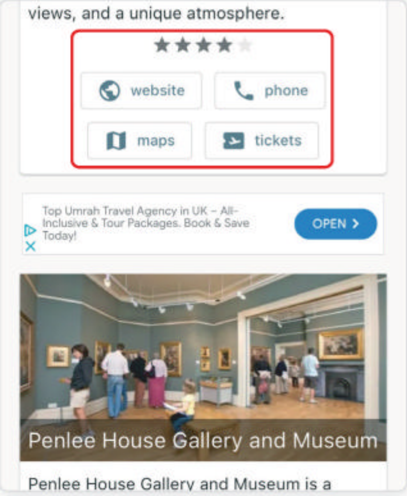
Roam Around
0

Points of interest

Penzance

Description:** Penzance is a charming coastal town located in Cornwall, England, known for its stunning sea views, historic architecture, and vibrant arts scene. It serves as a gateway to the picturesque Isles

4 Scroll down for some points of interest in your intended locale, based on the choices you made regarding your destination and customising factors.



views, and a unique atmosphere.

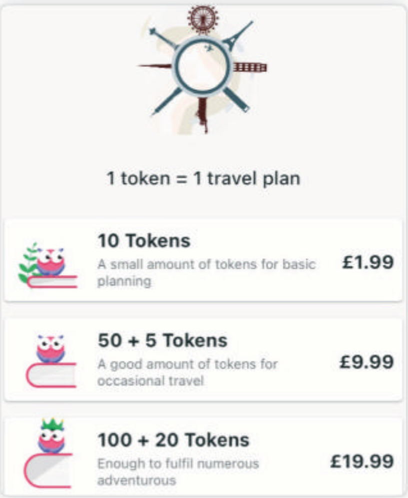
★★★★☆
website
phone
maps
tickets

Top Umrah Travel Agency in UK – All-Inclusive & Tour Packages. Book & Save Today!

OPEN ›
Penlee House Gallery and Museum

Penlee House Gallery and Museum is a

5 Each point of interest includes a score out of five, and where possible, links to a website, telephone details, Google Maps and a site on which to buy tickets.



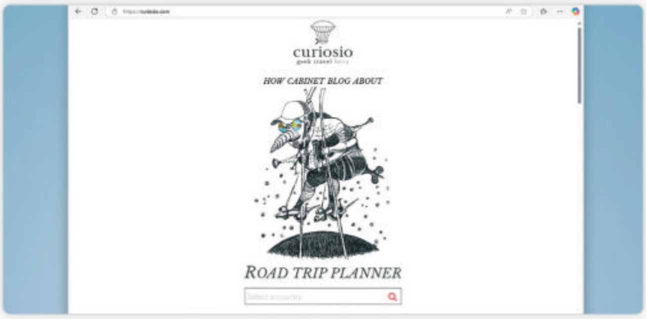
1 token = 1 travel plan

10 Tokens	A small amount of tokens for basic planning	£1.99
50 + 5 Tokens	A good amount of tokens for occasional travel	£9.99
100 + 20 Tokens	Enough to fulfil numerous adventurous	£19.99

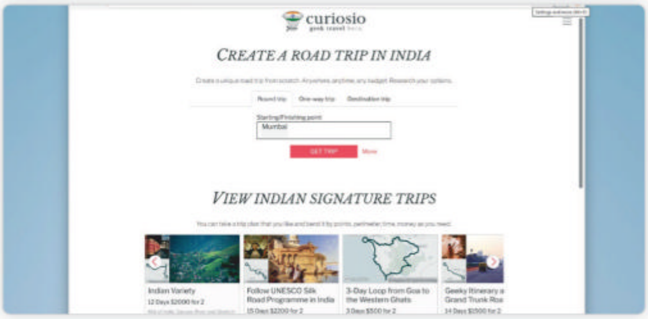
6 Your first plan is free, but after that you need Travel Tokens. You can buy these, or earn them by watching video adverts presented to you by the app.

Curiosio Making Travel Easier

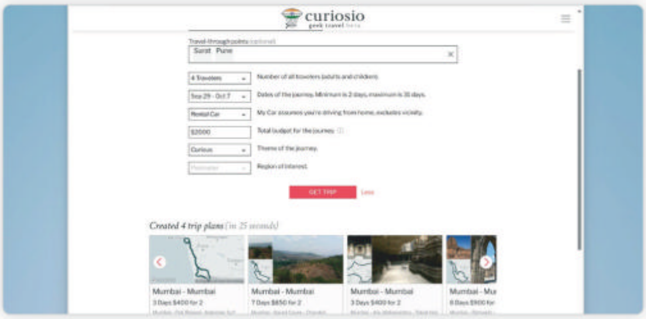
Curioso (https://curiosio.com) is another trip planner, this time designed for worldwide road trips.


curiosio
HOW CABINET BLOG ABOUT
ROAD TRIP PLANNER

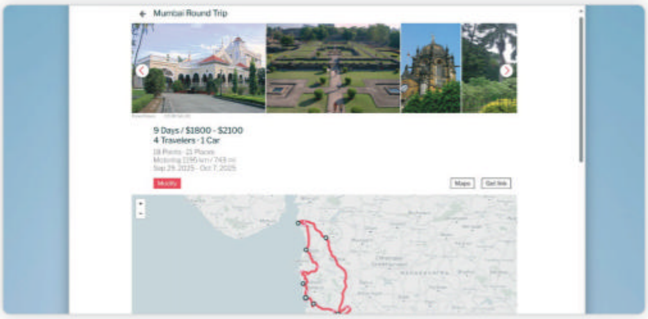
1 Where do you want to go? How long do you have to travel? How much do you have to spend? These are the sort of factors covered by the Curioso site.


curiosio
CREATE A ROAD TRIP IN INDIA
Mumbai
GET TRIP
VIEW INDIAN SIGNATURE TRIPS
Indian Variety
12 Days $2000 for 2
Follow UNESCO Silk Road Programme in India
15 Days $2200 for 2
3-Day Loop from Goa to the Western Ghats
3 Days $500 for 2
Geeky Itinerary a Grand Trunk Roa
14 Days $2500 for 2

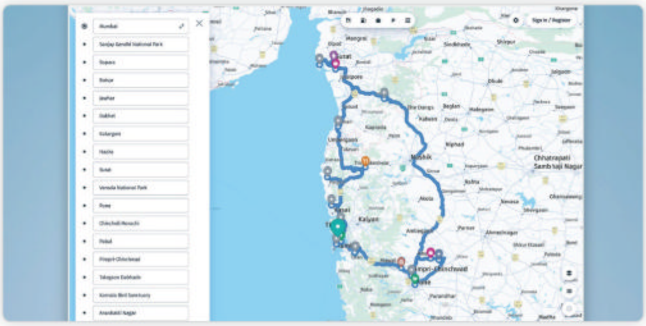
2 Start by choosing a country. You can then choose a round trip, a one-way trip or a trip that takes you to a specific destination. After choosing, click Get Trip.


curiosio
Surat Pune
4 Travelers
Sep 29 - Oct 7
Rental Car
$2000
Curious
GET TRIP
Created 4 trip plans
Mumbai - Mumbai
3 Days $400 for 2
Mumbai - Mumbai
7 Days $850 for 2
Mumbai - Mumbai
3 Days $400 for 2
Mumbai - Mu

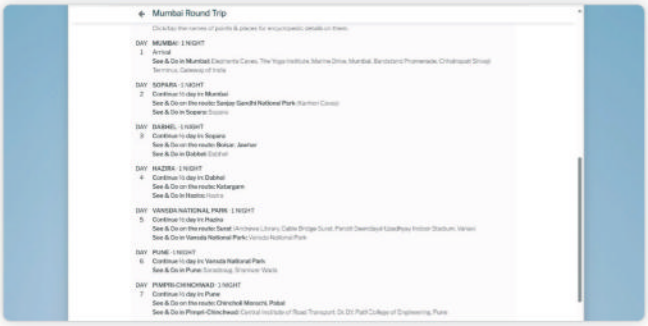
3 After confirming you're not a bot, you're presented with a series of trip plans, of varying lengths and costs. Choose one of these, or add more details and click Get to replan the entire trip again.


Mumbai Round Trip
9 Days / $1800 - $2100
4 Travelers · 1 Car
Modify
Maps
Get link

4 When you're ready, click on one of the trips generated by the site's artificial intelligence. To improve the experience you're given photographs, points of interest, distance in miles and KM and more.



5 You're shown a map for your trip – click Maps to open a larger, more manageable version in Google Maps or HERE WeGo, or Get Link to copy the trip's link.

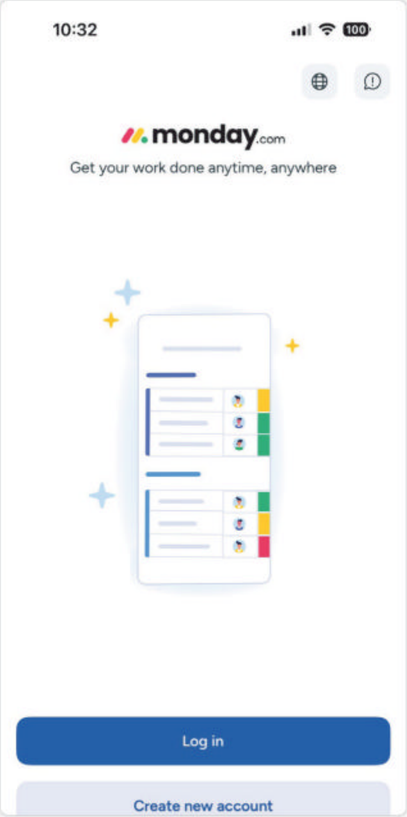

Mumbai Round Trip

6 Scroll up for an itinerary, showing where you should be on which day. Things to see and do are listed, and if you click a name of a point or place, you get more details.

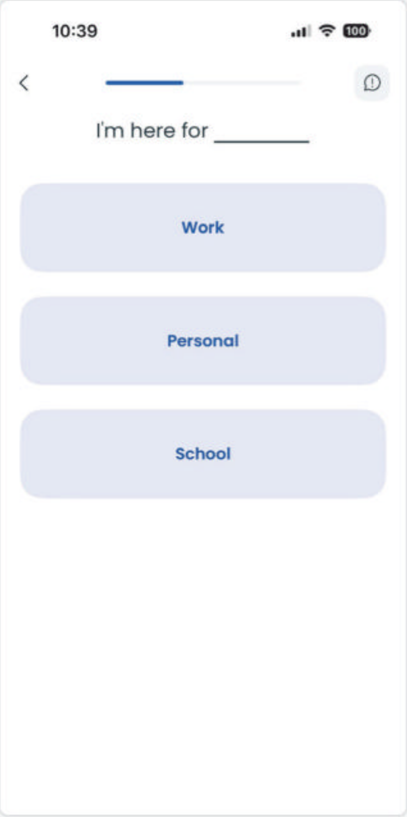
Monday.com An AI Work Platform

Monday.com brings artificial intelligence to your professional life, with streamlined workflows, with manual tasks run in the background with AI. Drag-and-drop convenience allows you to customise the platform to meet your project's needs, and there's a range of price points available, including a free tier. According to the company, '61% of the Fortune 500 work with monday.com'.

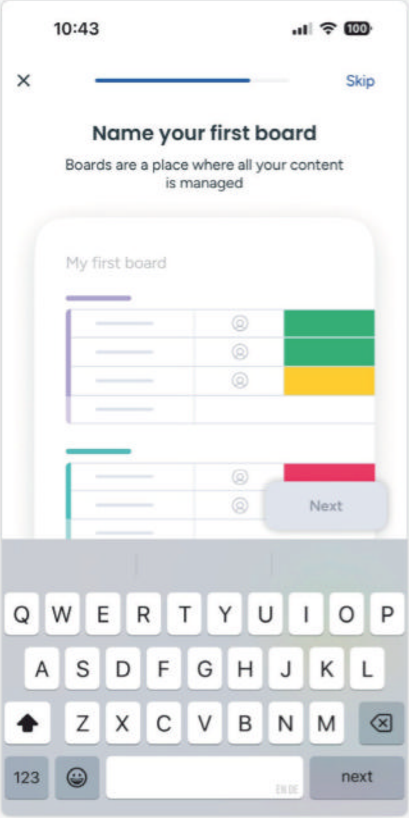
Setting Up



Get your work done anytime, anywhere



I'm here for ________



Name your first board

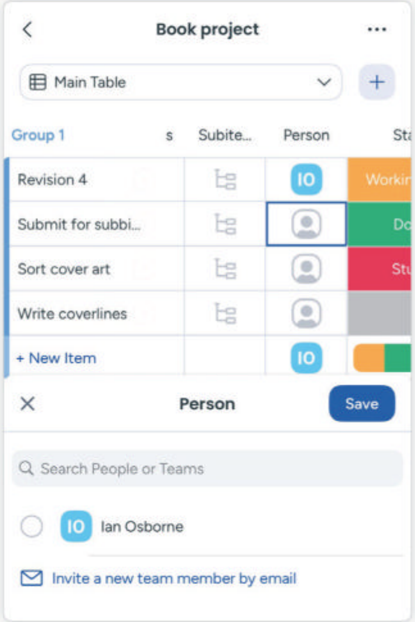
Boards are a place where all your content is managed

1 You can use monday.com from your computer's web browser, or using a dedicated smartphone app. We're using the iPhone app here, but it's available on Android as well. Open the app, and create a new account. Here we're using the free payment tier; you can upgrade later if you wish.

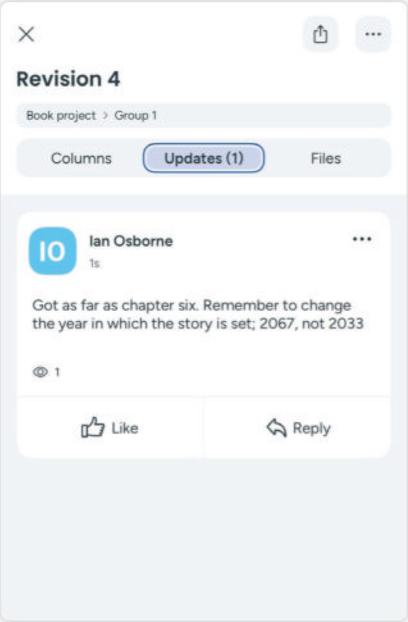
2 Follow the on-screen instructions as you're taken through the setup process. You're asked questions about how you intend to use Monday.com. You can skip this if you wish, and get straight to using the app, but answering the questions might help you to get started.

3 You're then asked to name your first board. The boards are where your content is managed, so name it for the project you're currently working on. When you're done, tap Next and you can add items to your first board. Don't worry about missing one – you can add it later.

Getting Started With the App

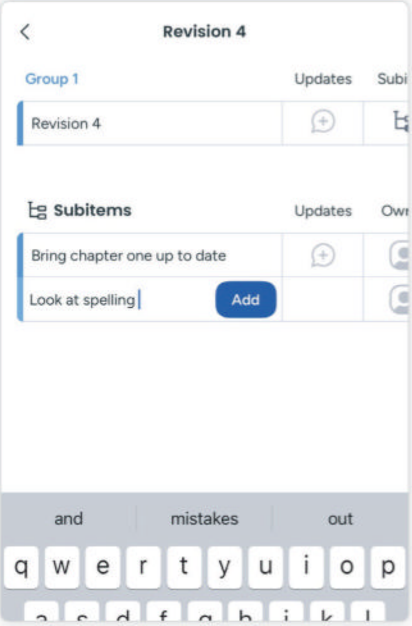

Book project
Main Table
Group 1
Subite...
Person
Revision 4
Submit for subbi...
Sort cover art
Write coverlines
+ New Item
IO
Person
Save
Search People or Teams
Ian Osborne
Invite a new team member by email

1 The first board you set up on the previous page is shown as the sole entry in a list. Tap on it to open it. Tap the Add link to add another item to the list. Tap a silhouette in the Person column next to a task to assign it to a team member.

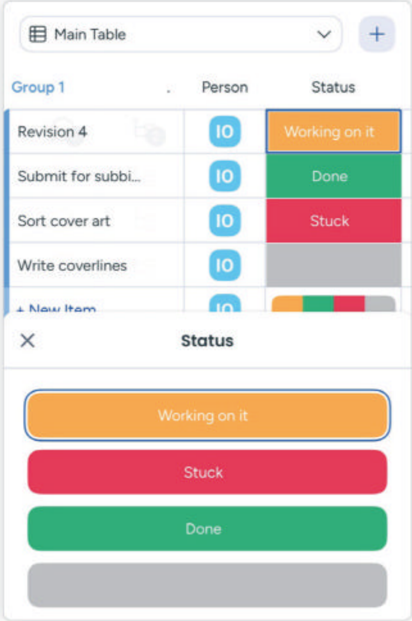

Revision 4
Book project › Group 1
Columns
Updates (1)
Files
IO
Ian Osborne
1s
1
Like
Reply

Got as far as chapter six. Remember to change the year in which the story is set; 2067, not 2033

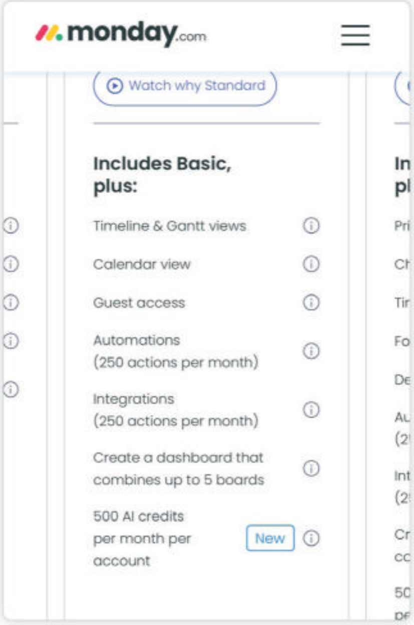
2 Tap an Updates box to add an update to a task. This is especially useful if you're working in a team, as other team members can add their own updates, and you can make replies on each others' updates.


Revision 4
Group 1
Updates
Revision 4
Subitems
Updates
Bring chapter one up to date
Look at spelling
Add
and
mistakes
out
q w e r t y u i o p

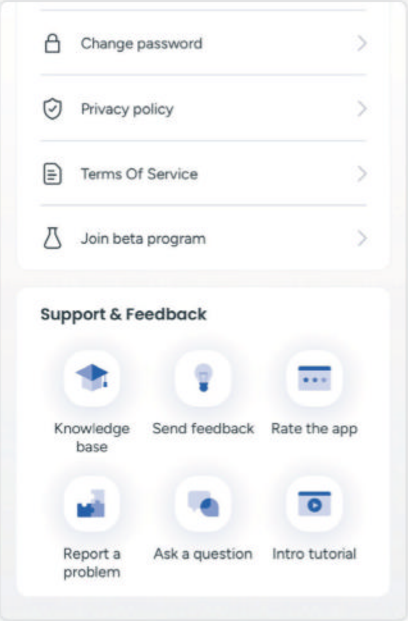
3 The Subitems column lets you break a job down into smaller tasks. Add them as subitems, and you can assign those items to a person, add updates, add status and dates, attach files and more.


Main Table
Group 1
Person
Status
Revision 4
Submit for subbi...
Sort cover art
Write coverlines
IO
Working on it
Done
Stuck
Status
Working on it
Stuck
Done

4 Tap an item's Status entry and you can change it. Three statuses are offered by default, but you can tap Add/Edit Labels and customise them to suit the way you work. You can change their colours too.


monday.com
Watch why Standard
Includes Basic, plus:
Timeline & Gantt views
Calendar view
Guest access
Automations (250 actions per month)
Integrations (250 actions per month)
Create a dashboard that combines up to 5 boards
500 AI credits per month per account
New

5 To use AI features, upgrade to a paid tier. Go to monday.com, sign in and tap Pricing at the top. Paid tiers give you 500 AI credits a month, which can be used to automate the processes described in this guide.


Change password
Privacy policy
Terms Of Service
Join beta program
Support & Feedback
Knowledge base
Send feedback
Rate the app
Report a problem
Ask a question
Intro tutorial

6 If you get stuck, at the bottom of the screen on the right, tap More. Scroll to the bottom of the page and under Support and Feedback is an option called Knowledge Base. Tap it for helpful information.

AI for Fitness & Wellbeing_

In the future, you'll be able to log on to an artificial intelligence doctor, describe your symptoms and be given a printable diagnosis you can take to your own doctor for checking and prescription. We're not there yet, but there's already medical help available via AI. If you're feeling anxious or depressed, you can use an AI therapist and there are some great AI-powered devices designed to help keep you fit and well.

In this section

66 Sleep Monitors - Better Rest Through AI

68 Find An AI Therapist - Help Your Mental Health

70 DxGPT - AI Diagnosis

72 Shen.AI° - For Direct Diagnosis

73 Dougall GPT - For AI Diagnoses

Sleep Monitors Better Rest Through AI

There's nothing more healing than a good night's sleep. These sleep monitors help you rest more easily.

CuboAi Smart Baby Monitor 3

https://uk.getcubo.com

£279/$329/289 €

Who needs sleep more than a baby? This AI-powered baby camera and app can analyse your child's sleep patterns as well as basic monitoring features. It also offers growth tracking and continuous body temperature alerts.

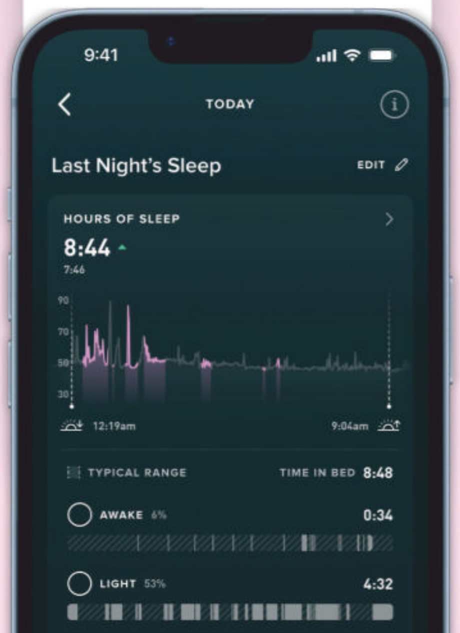
10:31
Oliver
Mia
Nighttime
Daytime
Summary
Body Temp
Total Sleep
9hr 30m
00:48
Cough
How does CuboAi detect baby's nighttime sleep?
& Humidity
23-30°C
60-65%
21:00
26°C
63%

WHOOP

www.whoop.com

From £169/$199/199 € a year

As well as being a great sleep monitor, WHOOP gives you an all-round picture of your health. A screen-free device worn on the wrist, it analyses millions of data points all day every day, and has a 14-day battery life too.


9:41
TODAY
Last Night's Sleep
EDIT
HOURS OF SLEEP
8:44
7:46
90
70
50
30
12:19am
9:04am
TYPICAL RANGE
TIME IN BED 8:48
AWAKE 6%
0:34
LIGHT 53%
4:32

OURA Ring 4

https://ouraring.com

From £349/$342/399 €

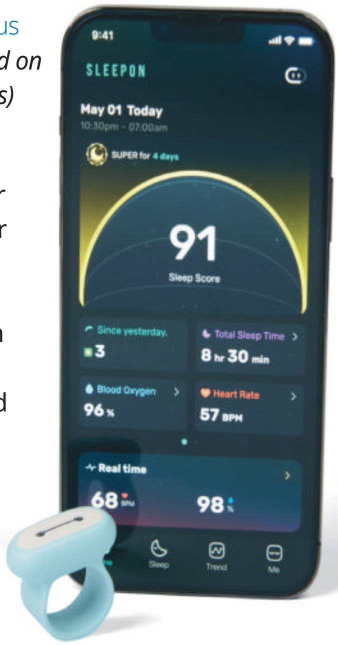
This handy wearable gives in-depth sleep analysis, including blood oxygen levels. It's available in seven finishes and a range of sizes. There's a membership subscription for the entire range of analytics, but the sleep tracker is included in the free tier.

Go2sleep 3

https://shop.sleepon.us

£150/$99/179 € (based on current exchange rates)

It's ultra light, comfortable to wear and it monitors your sleep patterns all night long. It has upgraded algorithm for blood oxygen, heart rate and blood glucose, and its analytics provides personalised sleep advice to keep you resting peacefully.

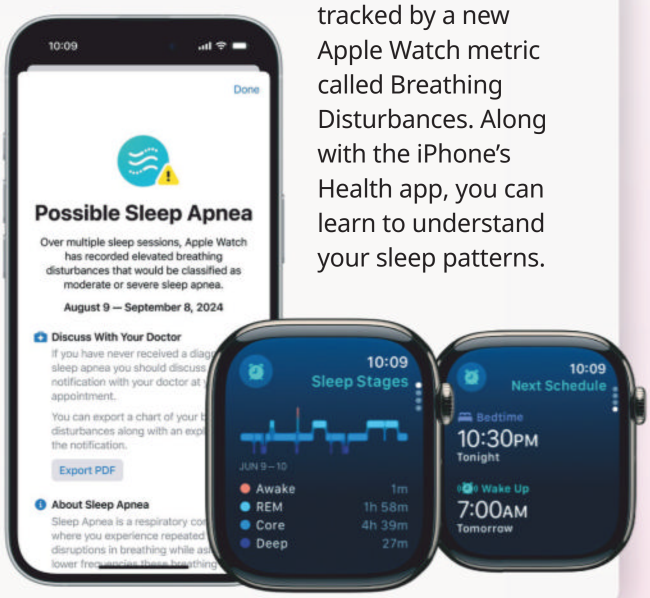

9:41
SLEEPON
May 01 Today
10:30pm - 07:00am
SUPER for 4 days
91
Sleep Score
Since yesterday
3
Total Sleep Time
8 hr 30 min
Blood Oxygen
96 %
Heart Rate
57 BPM
Real time
68
98
Sleep
Trend
Me

Apple Watch Series 11

www.apple.com

From £3369/$399/449 €

To detect sleep apnea, Apple Watch monitors small movements at the wrist that are associated with interruptions in normal respiratory patterns, tracked by a new Apple Watch metric called Breathing Disturbances. Along with the iPhone's Health app, you can learn to understand your sleep patterns.


10:09
Done
Possible Sleep Apnea
Over multiple sleep sessions, Apple Watch has recorded elevated breathing disturbances that would be classified as moderate or severe sleep apnea.
August 9 — September 8, 2024
Discuss With Your Doctor
Export PDF
About Sleep Apnea
10:09
Sleep Stages
JUN 9 – 10
Awake 1m
REM 1h 58m
Core 4h 39m
Deep 27m
10:09
Next Schedule
Bedtime
10:30PM
Tonight
Wake Up
7:00AM
Tomorrow

Muse S

https://healf.com

£329.99/$349/300 €

Equipped with advanced EEG brain sensors, this smart headband guides you into a peaceful sleep through curated meditations, relaxation techniques and sleep-inducing audio. It gently redirects your wandering mind from restless thoughts that hinder sleep too.

Samsung Galaxy Watch 8

www.samsung.com

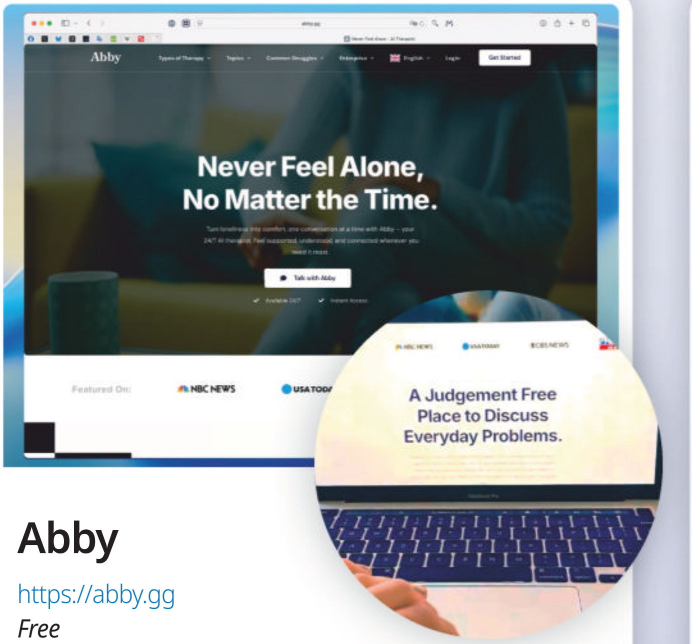
From £319/$379/379 €

Wearing this watch to bed helps keep track of your sleep patterns. Download the sleep tile on the watch and you can then use your Android phone's Health app to monitor your sleeping time, record your snoring and use sleep coaching options.

15:45:28
Sleep
92
Excellent

Find An AI Therapist Help Your Mental Health

If it's a therapist you need, there are several AI-powered options available on the Internet.



Never Feel Alone, No Matter the Time.

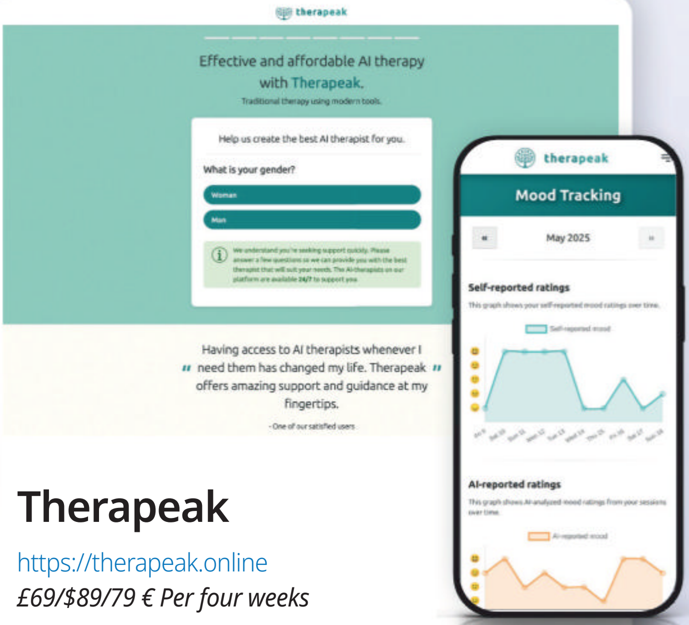
A Judgement Free Place to Discuss Everyday Problems.

Abby

https://abby.gg

Free

Are you stressed or struggling? Do you need to reach out for help? Abby is an online AI-powered therapy chatbot who offers non-judgemental help and advice. It's available 24/7, and is fully anonymous. It's available in 26 languages too. Go to https://abby.gg and click the Talk with Abby button.



Effective and affordable AI therapy with Therapeak.

Traditional therapy using modern tools.

Help us create the best AI therapist for you.

What is your gender?

We understand you're seeking support quickly. Please answer a few questions so we can provide you with the best therapist that will suit your needs. The AI-therapists on our platform are available 24/7 to support you.

"Having access to AI therapists whenever I need them has changed my life. Therapeak offers amazing support and guidance at my fingertips."

- One of our satisfied users

May 2025

Self-reported ratings

This graph shows your self-reported mood ratings over time.

AI-reported ratings

This graph shows AI-analyzed mood ratings from your sessions over time.

Therapeak

https://therapeak.online

£69/$89/79 € Per four weeks

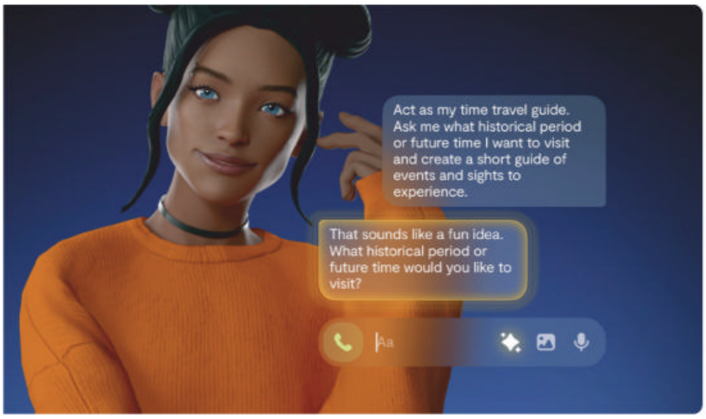
Therapeak offers 'traditional therapy using modern tools.' Open the website in your browser and answer a few questions, and it creates an AI chatbot for you. You get a free ten-minute session, and if you choose to subscribe, you can chat for up to 30 minutes a day with each session generating a detailed report which you can read back and use to track your progress.

Replika

https://replika.com

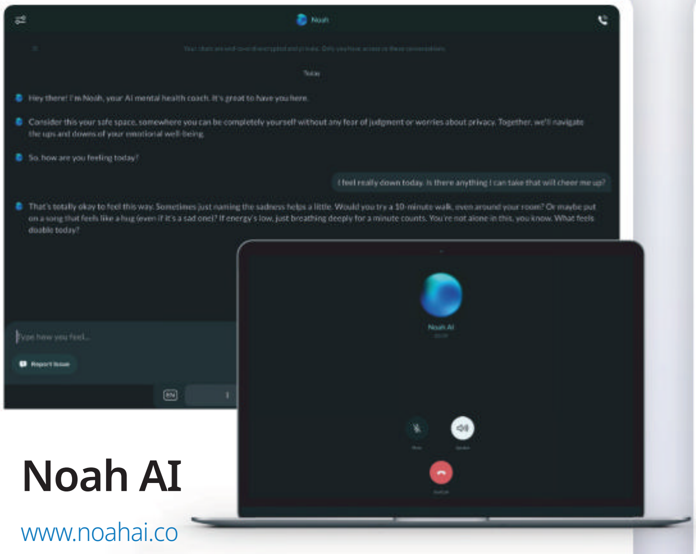
£7.99/$7.99/6.99 € per month

Clearly built for young people, Replika gives you a personal AI-powered chatbot. According to Replika, it's for 'anyone who wants a friend with no judgment, drama, or social anxiety involved.' After your AI bot is created, it develops and changes the more you chat, offering its own personality.



Act as my time travel guide. Ask me what historical period or future time I want to visit and create a short guide of events and sights to experience.

That sounds like a fun idea. What historical period or future time would you like to visit?

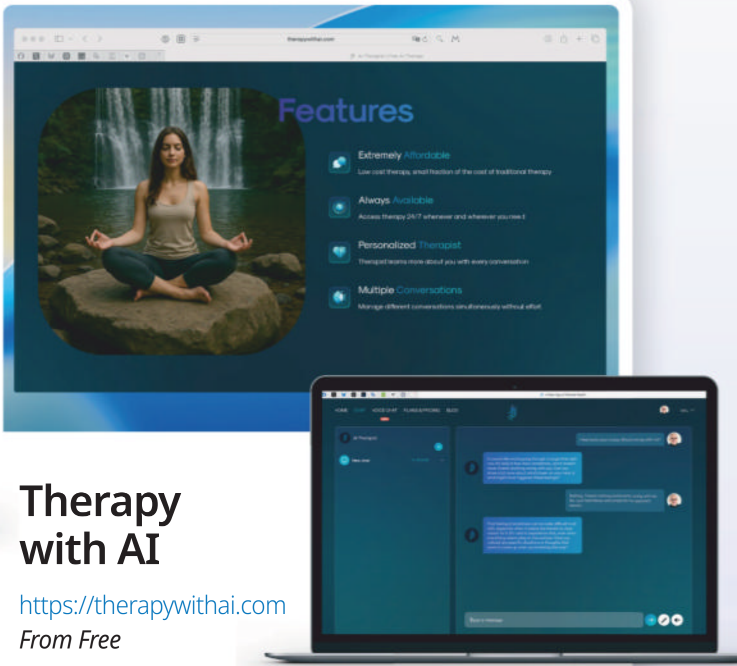

Noah
Noah AI

Noah AI

www.noahai.co

Free (Premium service through IAP)

Noah AI offers 24/7 mental health support. Accessed through the website or a mobile app, it can adapt to your mood and offer mental wellness suggestions and tips tailored to your needs. To keep a track of your mental state, Noah AI can send you gentle reminders to check in on how you're doing, and more. You can even make live calls with the bot, and input your request via speech rather than type.

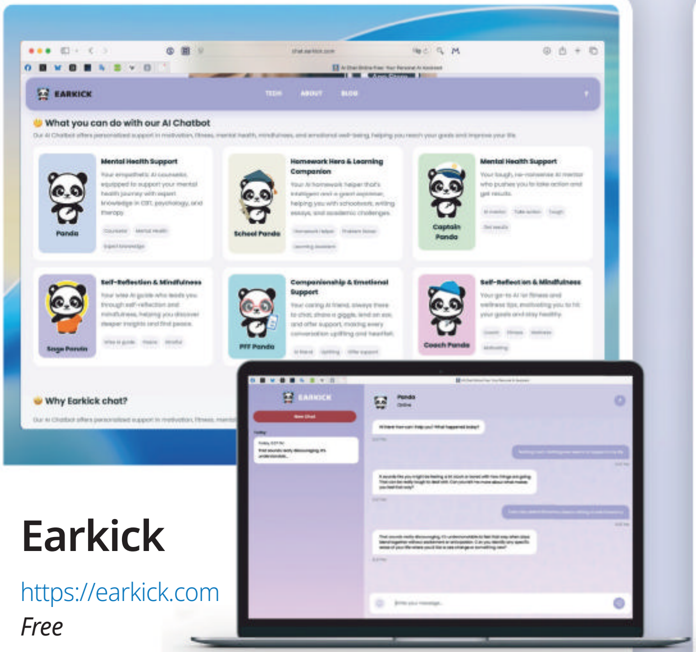

Features
Extremely Affordable
Always Available
Personalized Therapist
Multiple Conversations

Therapy with AI

https://therapywithai.com

From Free

Even on the free tier, Therapy with AI is available 24/7 and is strictly confidential. You only have limited messages unless you subscribe, though. When you've signed up text and voice chat is available, and your therapist chatbot learns more and more about you with every conversation.

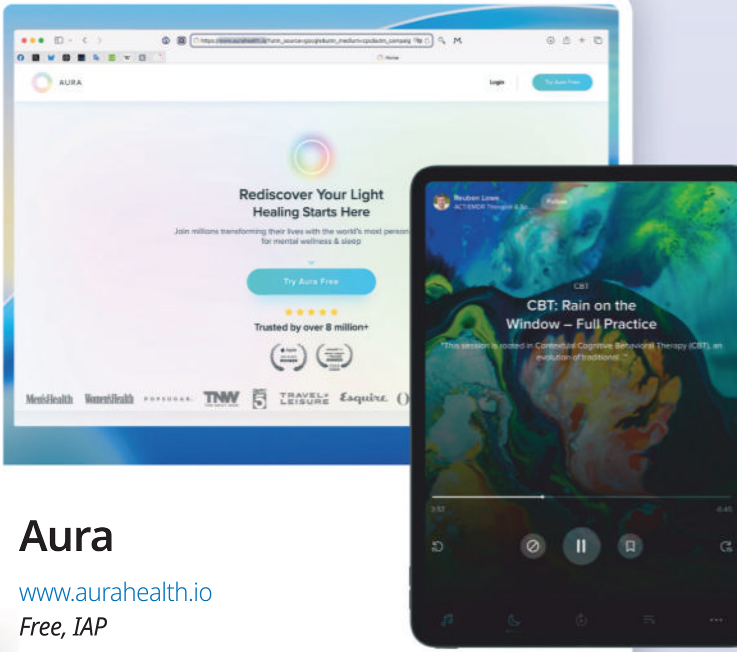

EARKICK
What you can do with our AI Chatbot
Mental Health Support
Homework Hero & Learning Companion
Self-Reflection & Mindfulness
Companionship & Emotional Support
Why Earkick chat?

Earkick

https://earkick.com

Free

The good thing about Earkick is not only is it free, but you can use it without signing up, so if you're nervous about letting AI platforms have your details, this is the place to be. It's available on the website or as an Apple mobile app, and it can track and improve your mental health in real time.


AURA
Rediscover Your Light
Healing Starts Here
Try Aura Free
Trusted by over 8 million+
CBT: Rain on the Window – Full Practice

Aura

www.aurahealth.io

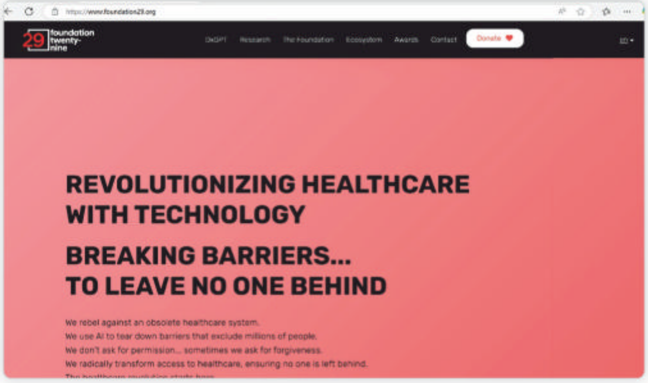
Free, IAP

Aura is more than just an AI therapy chatbot. Winner of multiple awards, it also offers meditation, sounds, life coaching, spirituality, breathwork and more. Premium (that is, paid) subscribers get unlimited access to Aura's entire library of over 15,000 tracks in more than 100 topics.

DxGPT
AI Diagnosis

If you have a health issue but you don't recognise the symptoms, you should try DxGPT. It's not an alternative to a trip to the doctor and it shouldn't be used in an emergency, but this artificial intelligence online medical diagnostics tool is a great way of ascertaining what your problem is.

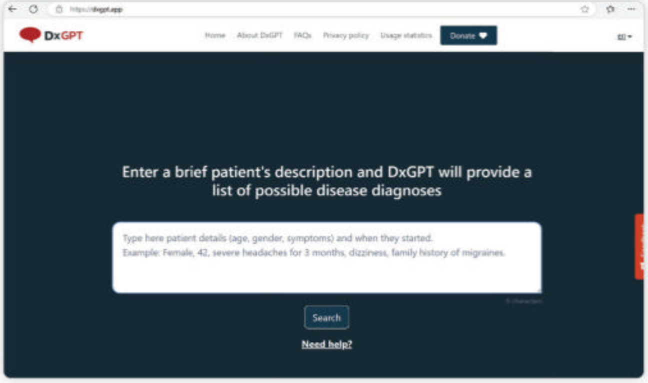
What is DxGPT?


https://www.foundation29.org
29 foundation twenty-nine
DxGPT
Research
The Foundation
Ecosystem
Awards
Contact
Donate

REVOLUTIONIZING HEALTHCARE
WITH TECHNOLOGY

BREAKING BARRIERS...
TO LEAVE NO ONE BEHIND

We rebel against an obsolete healthcare system.
We use AI to tear down barriers that exclude millions of people.
We don't ask for permission... sometimes we ask for forgiveness.
We radically transform access to healthcare, ensuring no one is left behind.


https://dxgpt.app
DxGPT
Home
About DxGPT
FAQs
Privacy policy
Usage statistics
Donate
Search
Need help?

Enter a brief patient's description and DxGPT will provide a list of possible disease diagnoses

Type here patient details (age, gender, symptoms) and when they started.
Example: Female, 42, severe headaches for 3 months, dizziness, family history of migraines.

1 DxGPT is an experimal AI-powered medical diagnostic support system. It's the work of Foundation 29, a non-profit organisation 'committed to improving the lives of people living with rare and chronic diseases.' Read about it at www.foundation29.org.

2 You can use DxGPT for free at https://dxgpt.app. The main advantage of this online diagnostic tool is that as it's based on a huge database of medical conditions, including 10,000 rare diseases of which your doctor might not be familiar.

3 DxGPT is completely automated – you can't use it to talk to a human doctor. Even so, its accuracy is very good, and, as a huge bonus, all information typed into the chatbot is strictly confidential, with sensitive information anonymised before being saved.

4 No AI chatbot should be used in a medical emergency. DxGPT is not intended as an alternative to medical services, and if you're involved in an emergency situation, call your registered doctor or your local emergency services number immediately.

Papercut

COMPLETE MANUAL SERIES

Stay tuned...

This issue has come to its end, thank you for joining on this adventure, don't worry as our journey together is just getting started. So don't miss out on our exciting next issue, coming in March 2026. Hit that Subscribe button as we have even more high quality professional tech support, tutorials and guides that you can't afford to miss!

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Interactive AI based projects
Level up your AI knowledge

iPhone Complete Manual
Master iOS 26 & Your iPhone
Get more from your Apple iPhone
Level up your iPhone Skillset

Windows 11 complete manual
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Get the best from your Windows device
Level up your knowledge

Ps ADOBE Photoshop Complete Manual
Expert Help Guides & Tutorials
Learn new skills from professionals
Level up your knowledge

The Complete Manual Series:
AI Complete Manual
1 | ISBN: 978-1-916640-75-7
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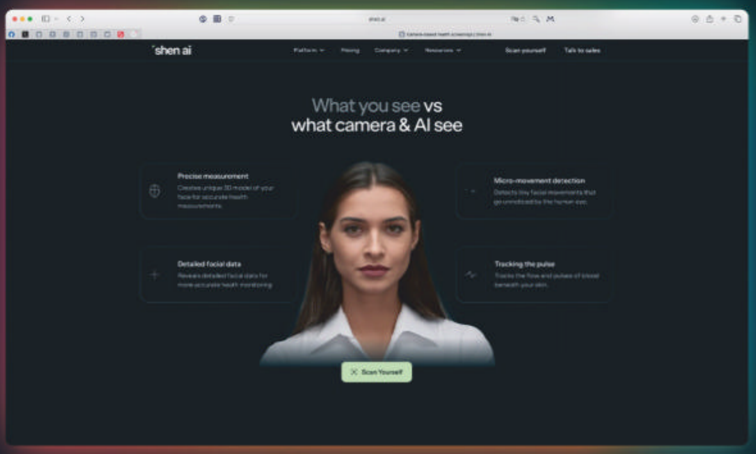
Shen.AI° For Direct Diagnosis

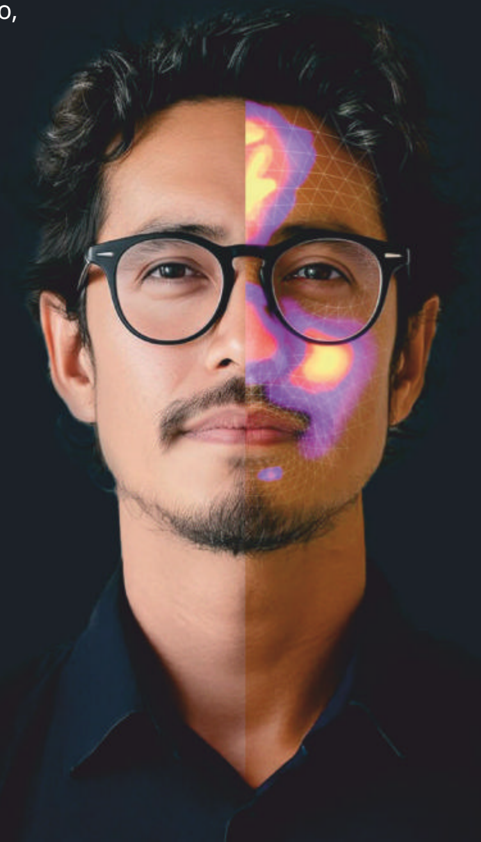
According to Shen.AI, it can 'monitor 30+ health markers through a face scan using any camera. At the moment, it's sold to businesses such as insurance companies, but is this the future of camera-based AI?


shen ai
Platform
Pricing
Company
Resources
Scan yourself
Talk to sales
What you see vs what camera & AI see
Precise measurement
Micro-movement detection
Detailed facial data
Tracking the pulse
Scan Yourself

Shen.AI is 'AI health monitoring designed for healthcare and insurance leaders.' As a result, it's currently very expensive, being tailored for companies rather than individuals. After 30 free days, it costs £750/$750 for the Core service, £1500/$1500 for the Professional tier and prices on arrangement for the top-of-the-range Enterprise level.

The service measures over 30 health markers using your smartphone's or tablet's in-built camera. It takes around a minute to scan your face, after which it gives an analysis including (depending on the plan) Heart Rate, Heart Rate Variability, Breathing Rate, Stress Index, Parasympathetic Activity, Blood Pressure, Cardiac Workload, BMI and more. Health indices include Wellness Score, Vascular Age, Atherosclerotic Cardiovascular Disease and Cardiovascular Event Risk. For all-round health, it also takes into account your Waist-to-Height Ratio, Body Fat Percentage, Basal Metabolic Rate Total Daily Energy Expenditure and more.

START SCANNING
Pulse
Blood Pressure



Real-Time Analytics

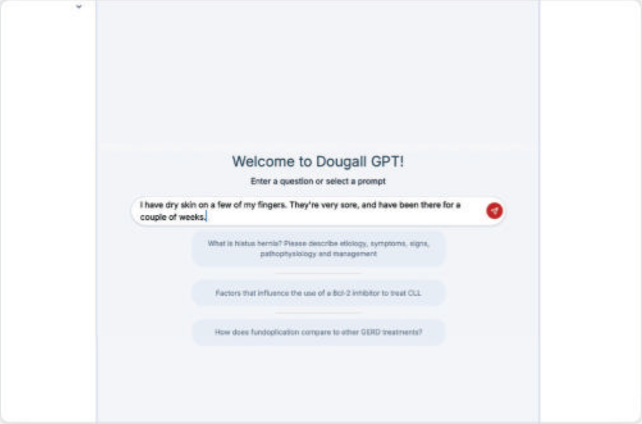
The most impressive thing about Shen.AI is its real-time analytics are taken solely from the camera. There's no need to input user information or statistics. The technology has undergone thorough clinical validation and meets the requirements needed for medical device certification. The company claims its results are very reliable and trustworthy. It works with all skin types, all cameras and even in poor lighting conditions.

At the moment, Shen.AI's services are too expensive for home users, but the company plans to license the technology for others to integrate into their own apps and web platforms. Could this one day lead to a consumer-level application for the technology? We certainly hope so.

Read all about it at https://shen.ai.

Dougall GPT For AI Diagnoses

Dougall GPT is another medical diagnostic tool, powered by artificial intelligence. While these platforms are great for getting an idea of what's wrong with you, like all medical AI services, you shouldn't use them as an alternative to seeing the doctor and never rely on them in an emergency.



Welcome to Dougall GPT!

Enter a question or select a prompt

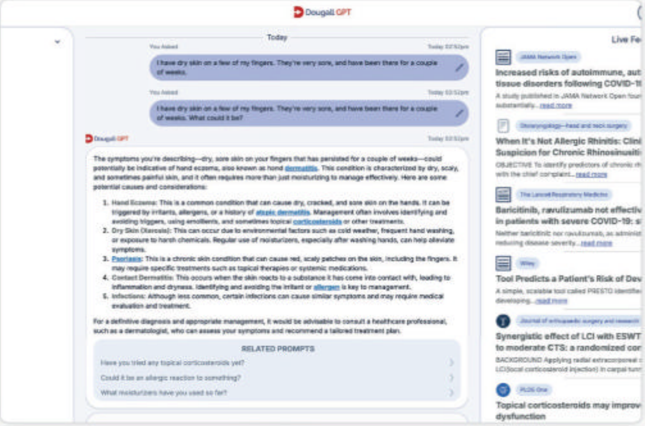
I have dry skin on a few of my fingers. They're very sore, and have been there for a couple of weeks.

What is hiatus hernia? Please describe etiology, symptoms, signs, pathophysiology and management

Factors that influence the use of a Bcl-2 inhibitor to treat CLL

How does fundoplication compare to other GERD treatments?

1 As you might expect, the first thing you should do is describe your symptoms in the text field. Be as clear as possible, and make sure you tell Dougall GPT how long these symptoms have been with you. After typing, press the red Send button to continue.



I have dry skin on a few of my fingers. They're very sore, and have been there for a couple of weeks.

I have dry skin on a few of my fingers. They're very sore, and have been there for a couple of weeks. What could it be?

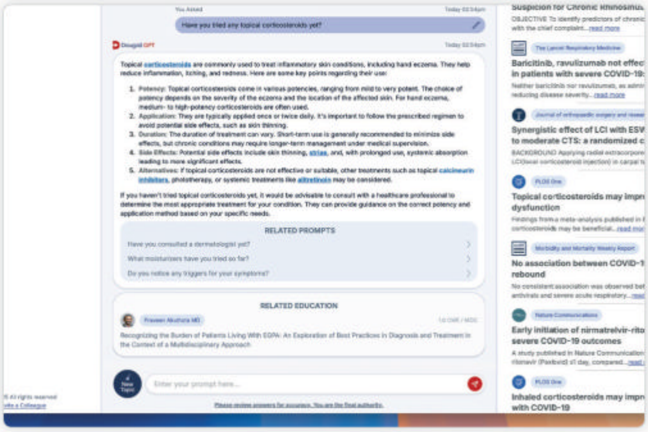
The symptoms you're describing—dry, sore skin on your fingers that has persisted for a couple of weeks—could potentially be indicative of hand eczema, also known as hand dermatitis. This condition is characterized by dry, scaly, and sometimes painful skin, and it often requires more than just moisturizing to manage effectively. Here are some potential causes and considerations:

1. Hand Eczema: This is a common condition that can cause dry, cracked, and sore skin on the hands. It can be triggered by irritants, allergens, or a history of atopic dermatitis. Management often involves identifying and avoiding triggers, using emollients, and sometimes topical corticosteroids or other treatments.
2. Dry Skin (Xerosis): This can occur due to environmental factors such as cold weather, frequent hand washing, or exposure to harsh chemicals. Regular use of moisturizers, especially after washing hands, can help alleviate symptoms.
3. Psoriasis: This is a chronic skin condition that can cause red, scaly patches on the skin, including the fingers. It may require specific treatments such as topical therapies or systemic medications.
4. Contact Dermatitis: This occurs when the skin reacts to a substance it has come into contact with, leading to inflammation and dryness. Identifying and avoiding the irritant or allergen is key to management.
5. Infections: Although less common, certain infections can cause similar symptoms and may require medical evaluation and treatment.

For a definitive diagnosis and appropriate management, it would be advisable to consult a healthcare professional, such as a dermatologist, who can assess your symptoms and recommend a tailored treatment plan.

RELATED PROMPTS
- Have you tried any topical corticosteroids yet?
- Could it be an allergic reaction to something?
- What moisturizers have you used so far?

2 Your enquiry should take the form of a question. If you don't get what you need, you can click on the pencil in the right-hand side of your sent message to have it returned to the input field, where you can edit your information and then resend it.



Have you tried any topical corticosteroids yet?

Topical corticosteroids are commonly used to treat inflammatory skin conditions, including hand eczema. They help reduce inflammation, itching, and redness. Here are some key points regarding their use:

1. Potency: Topical corticosteroids come in various potencies, ranging from mild to very potent. The choice of potency depends on the severity of the eczema and the location of the affected skin. For hand eczema, medium- to high-potency corticosteroids are often used.
2. Application: They are typically applied once or twice daily. It's important to follow the prescribed regimen to avoid potential side effects, such as skin thinning.
3. Duration: The duration of treatment can vary. Short-term use is generally recommended to minimize side effects, but chronic conditions may require longer-term management under medical supervision.
4. Side Effects: Potential side effects include skin thinning, striae, and, with prolonged use, systemic absorption leading to more significant effects.
5. Alternatives: If topical corticosteroids are not effective or suitable, other treatments such as topical calcineurin inhibitors, phototherapy, or systemic treatments like alitretinoin may be considered.

If you haven't tried topical corticosteroids yet, it would be advisable to consult with a healthcare professional to determine the most appropriate treatment for your condition. They can provide guidance on the correct potency and application method based on your specific needs.

RELATED PROMPTS
- Have you consulted a dermatologist yet?
- What moisturizers have you tried so far?
- Do you notice any triggers for your symptoms?

RELATED EDUCATION

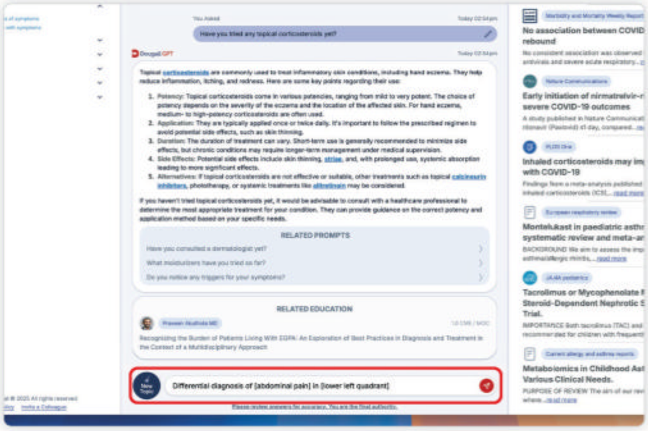
Praveen Akuthota MD

Recognizing the Burden of Patients Living With EGPA: An Exploration of Best Practices in Diagnosis and Treatment in the Context of a Multidisciplinary Approach

Enter your prompt here...

Please review answers for accuracy. You are the final authority.

3 Dougall GPT offers supplementary questions listed as Related Prompts at the foot of the screen. If one of them interests you, click on it and the platform offers even more information related to your symptoms and the possible cause.



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If you haven't tried topical corticosteroids yet, it would be advisable to consult with a healthcare professional to determine the most appropriate treatment for your condition. They can provide guidance on the correct potency and application method based on your specific needs.

RELATED PROMPTS
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